

Health Tidbits – 2006
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Greetings Everyone!

I want to start this newsletter off with a little warning for those of you who enjoy eating chicken wings. A close friend of mine imbibed on a some chicken wings from Pizza Hut delivery a couple of days ago and has suffered a bout of sever stomach pain and nausea ever since. The symptoms are similar to *Salmonella*. If you've ever suffered an attack from food poisoning or salmonella, you won't want to go through it again. I want to spend a minute discussing this issue and the natural remedies I gave my friend to help him through the process so he didn't have to go with a RX drug.

Symptoms of food poisoning can include nausea, vomiting, abdominal cramps, chills, fever, headache and can last few hours to a few days. My friend suffered all of these symptoms over three days.

It is not unusual to get salmonella. It is a bacteria that is a normal part of an animal's intestinal flora. It is easily transmitted to humans from cooking surfaces even a knifeblade.

It can occur simply by leaving food out too long that should be refrigerated or from meat not being cooked enough. So what happened with the chicken wings???? Calling Pizza Hut didn't give us any answers because of course they say they comply with regulations.

The three products I used to stop the agony were:

- **Activated Charcoal:** a great product to keep in your herbal medicine cabinet for emergencies. It is good for acute toxic poisoning, to stop diarrhea, extreme intestinal gas, nausea, vomiting.

Charcoal is classified as an absorbent substance. It has been shown to be more effective for drug overdoses or poisonings than Ipecac. It reduces the amount of poison absorbed into the blood stream from the stomach. Charcoal has been found to attain its maximum effectiveness in absorption within approximately one minute working instantly on contact. It will eliminate 50-70% of the poison. You would want to use 3 capsules every six hours until the symptoms subside.

Charcoal applied topically will draw out poisons from bites and wounds.

- **Artemisia:** I used this because I was concerned about parasites – and Artemisia is a powerful exterminator of parasites. It also soothes inflamed tissues, improves digestion, and elimination and relieves abdominal cramping.

I use a combination remedy that includes Cloves, Elecampane, Garlic, Ginger, Mugwort, Olive Leaf, Spearmint, Turmeric and Wormwood – designed to work synergistically.

Artemisia is also the herbal that I keep in the house and use on my animals

intermittently to prevent worms or parasites. It saves me from taking them to the vet and paying for an office visit and using a strong prescription.

Garlic (High Potency) –Most people don't know what a powerful remedy garlic for parasites, bacteria, viruses – intestinal problems. It will even expel a tapeworm (Yuck!). It will kill hookworms, pinworms, round worms as well. Great for treating external ringworm. It is great for helping to rebalance intestinal flora.

I could devote a whole newsletter just on the benefits of garlic in the human body. But I just wanted to mention its use in helping squelch the food poisoning symptoms.

The Difference Between a Cold Sore and a Canker Sore & the Natural Remedies for;

Some people get chronic cold sores and canker sores. What are the causes and what can you keep in your herbal medicine cabinet so you don't need to go to drugs?

A **cold sore**, also known as a fever blister, is an infection by the herpes simplex virus that causes a painful, oozing group of blisters located around the lips. It usually starts with localized tenderness and a small bump, which develops into a blister. It then turns into a scabby sore. Cold sores develop about three to ten days after exposure to the virus. They last about three weeks. The sores can be very painful and the condition contagious.

Once the virus is in the system, it can remain dormant for long periods.

Further cold sores develop whenever something weakens the immune system or stresses the body. For example, exposure to wind and summer sun will often cause outbreaks. Outbreaks can also be caused by fever, colds, stress and menstruation.

Canker Sores differ from cold sores in several ways. They are not a viral infection, but are the results of inflammation in a localized area of the mouth. Also known as mouth ulcers, they are often connected with inflammation in the gastrointestinal tract and an over acid condition of the body.

Canker sores do not raise blisters like cold sores, but they do develop into red, ulcerated spots with yellowish borders. They can appear suddenly and leave suddenly lasting from four to twenty days. They can be very painful and interfere with eating.

In spite of their differences, I use the same remedies for treating cold sores and canker sores because both involve similar internal conditions in the body.

One of the very best remedies for both is a formula from Nature's Sunshine called **VS-C**. It was developed by Dr. Wenwei Xie, a traditional Chinese Medical Doctor, specifically for the herpes simplex virus. The product has been subjected to medical testing and research documents its effectiveness against the virus.

The dosage is four capsules taken 3-6 times per day depending on the severity of the problem. It is also available in liquid form which can be taken orally in doses of ½ to 1 tsp 3-6 times a day. The liquid can also be applied topically.

VS-C can not only rapidly clear outbreaks of herpes, but can help eliminate the virus, if taken regularly for a period of three to six months.

In addition to its ability to deal with cold an canker sores, it is also effective against warts and other viral disorders like shingles.

There are other remedies that can be effective against these sores:

L-Lysine – amino acid. My remedy comes in combination with citrus bioflavonoids with vitamin C. L-Lysine has also been effective against herpes infections, cold sores and used for mouth ulcers. L-Lysine is one of the essential amino acids that must be obtained through diet.

L-Arginine- another amino acid tends to aggravate cold sores and herpes infections. People who are trying to eliminate cold sore outbreaks should avoid foods with LArginine – foods high in carob, chocolate, coconut, meat, oats, peanuts, soybeans, walnuts and wheat.

Single herbs that can be helpful in eliminated cold sores include anti viral agents like **Echinacea, Pau d'Arco, Black Walnut, and the mushrooms – maitake, shitake, or reishi. Black Walnut extract** has been applied topically to successfully aid healing.

One of the best herbs for canker sores is **Goldenseal** . This herb is effective in alkalizing the body, reducing inflammation in the digestive tract, and rapidly healing mouth ulcers. Take 2 capsules every two hours. It is even more effective (and pain relieving) when

the powder is removed from the capsules and placed directly on the sores. The taste isn't exactly pleasant.

Essential oils can also be helpful in speeding the healing process when applied topically to both cold sores and canker sores.

Tei Fu Essential Oil will almost instantly kill the pain of a mouth ulcer. Other oils that have been successfully used include **tea tree oil and peppermint oil**

Frequent outbreaks of cold sores may be a sign of a weakened immune system or low thyroid function. In the cases of a compromised immune system, **Nature's Immune Stimulator** can be effective. Also **Zinc Lozenges** are beneficial for both.

Where canker sores are a constant problem, pay attention to the intestines. Sooth them with **Intestinal Soothe and Build and rebuild the friendly flora with Probiotic 11.**

I am keeping this newsletter purposely short since I inundated you with pages in the last two.

For those of you in the Lake County area, I am doing a seminar on August 17th at Dr. Jason Buehler's office at 7PM on Inflammation and Disease. Call me to reserve your spot as we can only fit forty people. There is no fee and we will have handouts. I already sent a separate email. Hope to see you there. Call with questions.

Thanks, Candace