

ANTIBODIES

There are amazing differences between Antibiotics, Probiotics and Grapefruit Seed Extract and their uses. This page is set up to help educate and share the choices one has when it comes to getting rid of colds, viruses and any unnecessary ailments in our bodies. Along with a way to rebuild the Antibodies the body deserves to prevent illness.

GENERAL BODY UNDERSTANDING –

The immune systems, with its antibodies and special white blood cells, can typically kill harmful bacteria before they multiply enough to cause symptoms. And even when symptoms do occur, like a high fever, the body will often fight off the infection. But sometimes our body gets overwhelmed by a bacterial infection and needs help to get rid of it.

Healthy **Micro-Organisms (bacteria)**, also called microflora, live in the digestive tract and protects our bodies from illness. Microflora helps to create important vitamins, nutrients and enzymes which replenish the healthy bacteria in the intestinal tract. Some of the beneficial bacteria, such as Lactobacillus and Bifidobacteria prevent the harmful strains, E.coli and Bacteroides, from growing to where they can cause disease (*body not-of-ease*). There are times when the harmful strains overwhelm the healthy ones and *working on rebuilding the good bacteria is what eliminates ailments right away.*

As a general rule, we are told that we NEED to do *certain things* to get over a cold or flu. There aren't many choices given to us. *Strengthening the system is the best when working WITH the body.*

Here are some different options, out there, for dealing with an infection in our body:

1. ANTI-BIOTICS- (*suppresses the illness into the body 'in order to get better'*) - sometimes known as *antibacterials*, are drugs (medications) used to treat infections caused by not-so-good bacteria. Any form of Antibiotic is used strictly to kill or stop ANY bacteria from being formed. By doing this we are also ridding our bodies of the healthy bacteria that DOES prevent illness. The body does not rebuild the good bacteria by itself after it's been eliminated.

Antibiotics do not work against other organisms such as viruses or fungi. It's important to bear this in mind if we think we have some sort of viral infection. Many common illnesses, particularly of the upper respiratory tract, such as the common cold and sore throats, are usually caused by viruses.

SIDE EFFECTS OF ANTI-BIOTICS -

The most common side effects with antibiotics are diarrhea, feeling sick and being sick. Fungal infections of the mouth, digestive tract and vaginal area can also occur with antibiotics, because they destroy the protective 'good' bacteria in the body (which help prevent overgrowth of any one organism), as well as the 'bad' ones. More serious side effects include the formation of kidney stones, abnormal blood clotting, increased sensitivity to the sun, blood disorders, and deafness.

2. PRO-BIOTICS – (w/FOS) - are live healthy micro-organisms, including Lactobacillus, Bifidobacterium and yeasts, that aid in re-establishing the 'good' bacteria in the body and improving the balance of the intestinal microflora. This allows the body to become stronger.

FOS (fructo-oligosaccharides), produced naturally from sucrose, is added to the probiotic to promote the growth of bacteria. FOS increases the overall Gastrointestinal Tract (GI Tract) health and aids in preventing yeast infections.

FYI - Besides the digestive tract, microflora resides in other areas where mucous membranes are exposed to the environment, such as the skin, respiratory tract and genital-urinary tract. There are approximately 100,000 billion viable bacteria in the digestive tract and about 1,000 billion on the skin. The total number of cells in the body is about 10,000 billion, which means we have more bacteria in our body than we have cells!

3. GRAPEFRUIT SEED EXTRACT – is used to fight many types of internal and external infections caused from parasites, viruses, bacteria issues, fungus and more! It is effective even if the causes of the infections are known, unknown or misdiagnosed. Grapefruit Seed Extract (GSE) naturally detoxifies, enhances and supports the immune system.

GSE contains high levels of vitamin C and E, and bioflavonoids. These important substances have an antioxidant action and can neutralize free radicals that damage cells and cause a number of illnesses. GSE can also be used for our pets.

(This information can be verified with Natural Healing books and internet websites.)

WAYS TO REBUILD OUR SYSTEM-

If **Anti-biotics** have already been prescribed for a *specific ailment*:

1. Take them as instructed until completed.
2. Then add **Probiotics** into the diet and rebuild the system.

If either a cold is present or the desire to Rebuild the System is in play, follow this program:

Make sure to start out in small doses to allow the body to build calmly. Then increase to suggested amounts.

1. **Grapefruit Seed Extract** – GSE can be used in lieu of an Anti-biotic. Take GSE (preferably in tablet form) when any onset of illness occurs or the ailment has already formed in the body. Recommended dosage; 250mg- 3x a day till the body feels better (max 10 tablets per day). *And...*
2. **Rebuild Flora (good bacteria)** – Take *Double* or *Triple* the recommended amount of Probiotics for 1-2 months. The time period and amount is depending upon how much Anti-biotics have been put in the system.

Happy Healing!

With love,

The Energy Woman'

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