

HealthCures101.com

# FOOD POISONING

**Salmonella, E. Coli, etc**

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

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## FOOD POISONING-

*The study of disease occurrence has shown that food poisoning is almost always the result of eating "bad" cooked foods and almost never from raw foods. It almost always results from eating animal and not plant foods. Disease is spread when toxic microorganisms from decaying matter are consumed.*- Dr. Ruza B

The cleaner, healthier and more alkaline your body is, the more it can handle pathogenic organisms and not be bothered by it. Most people already have small amounts of E Coli and Salmonella in their bodies, but their systems keep everything under control. That said, people are asking for trouble when they start overdosing on pathogens (virus, bacteria, yeast, mold, fungus, parasites). Two thirds of commercial chickens on the market today have Campylobacter bacteria, which causes an estimated 2.4 million food poisoning cases every year. It can take up to a week to show up. Commercial beef and poultry is also a major leading cause of salmonella.

You can even get food poisoning from packaging like leakage of metals from containers into the food.

E Coli- attacks kidneys

## SIGNS

cold sweats after eating severe abdominal pain flatulence (gas) headaches

chills fever rashy skin vomiting diarrhea

Salmonella- diarrhea, nausea, cramps, vomiting (felt mainly in intestinal area)

Botulism- muscles feel weak within a day of eating, dry mouth, cramps, double vision, difficulty speaking, vomiting, possible respiratory failure

if you have cans of food that are starting to bulge outwards, toss them !

## WHAT TO DO:

Stop eating solid food

Enema or colonic to clean out bowels- add coffee or catnip if you have it to help

Only clean water

CHARCOAL\*\*\* the fastest way to soak up the bad stuff

BENTONITE CLAY- Use bentonite for diarrhea. Diarrhea as a result of virus infections, food allergies, spastic colitis, and food poisoning-liquid bentonite provided substantial relief in 95% of cases.

\*\*Always have a jar of my CHARCONITE around- it's charcoal, bentonite and herbs to help move things out of you. You can get it [HERE](http://www.BodyForceProducts.com) <http://www.BodyForceProducts.com>



## CHARCONITE

A super powerful combination of Charcoal and Bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it out through your digestive system. Perfect for gas, food poisoning, toxic environmental poisons, bad food, and even toxins created by illness and parasites. It goes through your system absorbing anything bad.

very slowly drink 1/2 cup olive oil to remove poison from the stomach

Do NOT take milk, sweet juices, alcohol, or vinegar until poisons are out of stomach

If you have ENZYMES\*\* take a handful

PROBIOTICS- (especially Lactobacillus, Acidophilus) suppress virulent strains of E. Coli, Staph, Candida, Salmonella in the intestines, even effective against breast cancer

**Liquid acidophilus- instant – good for food poisoning- kills all bad bacteria**

Sweat out poisons... Niacin helps-250–500mg every hour Cayenne and lemon juice in glass of water

Lobelia with Cayenne

Don't try to stop vomiting- GET IT OUT !

### **FULVIC ACID-**

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes.

When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the

minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints, arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerful antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.

Vitamin C 500mg every hour

Raw Garlic Onions

bee pollen is helpful for E Coli and Samonella

Alpha Lipoic acid 300–600mg daily\*\*\*\*

Aloe Vera juice 2X a day

2 tablespoons Apple cider vinegar in water (not any other kind of vinegar!!)

HONEY- effective against Staph, E. Coli, Shigella, Salmonella, H.pylori, responsible for most ulcers, fights fungi and bacteria linked to wound and surgical infections.

Lots of green drinks to normalize body chemistry Juice: carrot, beet, cucumber, celery, garlic

EFA oils

nuke bacteria with oregano oil, grape seed extract, pau d'arco, colloidal silver

Stimulate liver flush out toxins Milk Thistle to help liver Dandelion to help liver

Nettle to help liver

SEA GREENS are strong poison protectors neutralize toxins with plantain, skullcap, wormwood white oak also normalizes stomach

Chlorella normalizes stomach and intestines

eat high fiber foods,

Apple pectin- good results

Eat lots of citrus

wheat germ

green and yellow vegetables

white or green tea

Garlic (at least caps) w every meal

SAMe 800mg

ocean minerals  
IonKelp  
electrolytes  
Vit E 400IU  
Selenium 200mcg  
Vit C 3000mg daily  
Glutathione 100mg daily  
cumin  
coriander  
fennel

wash produce and food with Grapefruit seed extract to decontaminate Rescue Remedy

Homeopathic- Arsenicum Album, Chamomilla, Ipecac., Apis mel., Nux vom., and Colchicum

FASTING is the best medicine of all. Some say it can cure almost anything. It's where you don't eat any solid food, only water or vegetable juices (do not drink straight fruit juice- too many concentrated sugars). Try for at least 3 days, shoot for a week. Many

Serious people live off nothing but vegetable and green juices for months and months and heal almost anything you can think of.

Fasting is the best way to get toxins, poisons and waste out of your body and it gives the body a chance to heal internal wounds. Without a fast, the body never has a chance to do deep cleansing. During a fast, disease, parasites, tumors, lumps, and bad stuff has to compete for nutrients with our organs, and our body makes sure our organs win. Studies show no protein is lost during a 24 hour fast, only fat and bad stuff. Fasting helps get rid of weak old stuff and boosts the production of new cells. For serious anti-aging and health results- do a 24 hour fast one day a week every week for the rest of your life. One recommendation is to start noon after lunch and go until lunch the next day. Every major religion and historic text throughout history speaks of the amazing curative powers of fasting. Read more about it in the diet and lifestyle booklet.

## **WHERE TO GET STUFF**

**You can mix your own or buy my ready-to-go formulas...**

**[Parasite-Free Charconite Free-Colon Free-Liver Age-Free](#)**

**<http://www.MarkusProducts.com>** keep checking for new stuff- I aim to put out only the very best, most affordable and useful healing products possible.

**Herbalcom.com**

(888) 649-3931

(billed as AmeriHerb, Inc.) 515-232-8614

**Mountain Rose Herbs**

800-879-3337

**Wilderness family Naturals**

[wildernessfamilynaturals.com](http://wildernessfamilynaturals.com)

7:30 AM – 6:00 PM (Monday – Friday) (Central Standard Time) Toll Free: 800-945-3801

**LuckyVitamin**

[www.luckyvitamin.com](http://www.luckyvitamin.com) 888-635 -0474