How to Kill Stubborn Staph and Superbug Infections

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What is A Staph Infection?

Staph (pronounced “staff”), which is short for *Staphylococcus aureus*, is a common bacteria that lives on the skin (and in the nostrils) of nearly everyone. At least 20-30% of the general population are staph carriers – it’s not only found on our skin and in the nose but can also be found in our mouth, breast tissue, rectum and in the genital, urinary and upper respiratory tracts.

Usually the staph bacteria is harmless and doesn’t give us any trouble, but if it enters the human body through an open cut or bite or skin wound of some type, it can overcome the body’s natural defenses and cause a serious infection.

In that case, the consequences can range from mild discomfort to death.

This book is about what to do with the mild to the SERIOUS infections, including MRSA superbug staph. It contains information not only for ordinary staph infections, but information on what to do when nothing else works, everything has failed…perhaps even your life is at stake.

Remember, this book is for information and educational purposes only so that you can show the information to your doctor and together come up with an informed treatment plan.

Most staph infections tend to produce pus, which means that staph is usually the culprit behind pimples, boils, carbuncles, sties, and abscesses on the body.

If you have boils or carbuncles (or abscesses), the cause is usually staph. When a staph infection is localized like this, the skin usually turns red, feels warm, and the abscess fills with dead and dying white blood cells and bacteria. If the abscess bursts, the leaking pus can cause new infections just through contact.

So two warnings right away: You don’t want to be touching the area of a staph infection because it can easily spread. When you see people with boils and carbuncles or abscesses, you also have to think “staph.”

When hair follicles become infected (often where people shave) and form white pus-filled skin bumps, that’s usually the result of a staph infection as well. Sties (infection of eyelash hair follicles) are often caused by staph infections as is impetigo (an infection children get of red, scabby skin around their mouths and noses).
The infectious outbreaks caused by staph don’t just occur on the skin, but can also occur deep within your body. “Topical” staph infections occur on the skin whereas “systemic” staph infections occur inside the body, and those types of infections can become fatal.

For instance, when staph spreads throughout the bloodstream, it can also cause food poisoning, Toxic Shock Syndrome (TSS), pneumonia, mastitis in nursing mothers, meningitis, septicemia and endocarditis (infection of the heart that inflames the valves and heart wall), bacteremia (blood infection). These are all life threatening illnesses.

Children suffering from systemic staph can also get bone infections (osteomyelitis) at the ends of their long bones, while adults with invasive staph often suffer from abscesses that form in the brain, heart, kidneys, liver, lungs or spleen.

The big question, then, is how can you kill staph … especially now that antibiotics are starting to fail?

Yet other conditions that might have a contribution from staph include arthritis and cellulitis (tissue inflammation that spreads below the skin, causing pain and swelling), and scalded skin syndrome.

Staph plays a role in many conditions and the end story is this simple – you want to get rid of staph, especially the antibiotic resistant type.
Who Gets Staph?

All sorts of people can get staph.

Let’s talk about generally healthy individuals first … rather than hospital patients and those with severely compromised immune systems.

Warm, humid environments contribute to staph infections (for instance, living in Hawaii), and excessive sweating can increase a person's chances of developing the infection.

For instance, if someone is infected with staph and is at the gym or playing sports and you share their equipment or towels, it’s possible to pick up a staph infection that way.

This is quite serious – wrestling teams and other competitive sports involving physical touch and the sharing of equipment across the US are now commonly catching communicable staph infections. When an entire athletic team starts suffering from boils, this is usually caused by staph.

"If you go back to the locker room and there are guys sharing towels, sharing whirlpools or sharing weightlifting equipment," said Dr. John Francis of the Johns Hopkins University School of Medicine, "there's a risk of this bacteria commonly found in your skin to then be passed from one individual to another."

Clusters of staph cases also can occur in groups of people who live in crowded conditions (such as in college dorms, nursing homes or in prison), often as a result of poor hygiene and the sharing of things like linens and clothing.

Staph can also be passed from individual to individual within families because of constant physical contact, the sharing of items, and contaminated common objects .

People who are generally healthy usually do not get extremely ill from contact with staph. Most people’s immune systems can handle it and a problem never occurs. However, those with a weakened immune system are particularly at risk, including:

- Newborn infants (especially those prematurely born)
- Women who breastfeed
- Infants
- Elderly
- Malnourished
- Alcoholics
What are you most likely to get if you contract a staph infection?

The first signs of MRSA are easy to miss because they can be as simple as just a red bump on the skin. Advancing, it can turn into the classic looking “boil.” There will be a large area of red skin with a head or pocket of pus in the center.

People often don’t see a doctor until the red bumps or boil grows and starts spreading, and becomes much more dangerous.

Doctors will diagnose a problem is due to a “staph infection” by swabbing the infected site and culturing it to determine the bacterial type. Once diagnosed, doctors usually prescribe an antibiotic pill or cream for the body part to kill the infection.

They’ll also usually check your nose because staph can live in your nose… and if you don’t knock out the infection there, you can keep re-infecting yourself or others (Staph usually thrives in the nose because of the poor blood supply in the nasal cavity, which means that white blood cells and antibiotics sometimes cannot circulate there effectively).

Your doctor will know what first course of action to take if you contract staph. Remember our disclaimer: we don’t advise you to treat yourself but to see a doctor if you have staph.

Dicloxicillin is probably the antibiotic they’ll choose for the treatment of normal staph infections. Other medications they normally consider include Keflex (Cephalexin) or Augmentin. People with resistant staph may require hospitalization to receive antibiotics through an injection or by IV.
Why have we written his book? You can also use the “adjunctive” therapies we’ll go into that help, and have been known to kill off staph completely just by themselves.

The two primary lifesavers are:

- MesoSilver colloidal silver
- Hydrogen peroxide

We’ll get to these in just a bit…
The Hospitals are Now a Source of Antibiotic Resistant Staph

The big health concern with contracting a staph infection is that while it used to be cured with ease, many antibiotics and creams that used to kill it are no longer working as effectively as they once did.

In some cases, they’re not working at all!

In fact, hospitals are terrified because drug-resistant strains of staph, called MRSA, are becoming an increasingly common threat…. and it’s spreading in the public. The CDC is concerned, health officials are concerned, you should be concerned, too.

Staph now flourishes in hospitals contaminating bedclothes, catheters and other objects such as the tubing used for intravenous feeding, prosthetic devices and devices that provide direct access to the bloodstream.

You go into the hospital without an infection, but now you come out with one! I’ve actually heard doctors warning people to do everything to avoid going into a hospital because it’s likely they’ll come out sick.

Staph is, in fact, the leading cause of primary infections originating in hospitals. It infects healthcare personnel, patients who have had surgery, diabetics, dialysis-dependent kidney disease sufferers, and even people who receive frequent allergy-desensitization injections.

One form of staph – staphylococcus epidermidis, accounts for 40% of cases of prosthetic valve endocarditis, which occurs as a complication of the artificial valve implantation in the heart.

Here are some of the statistics.

Over 500,000 people a year in American hospitals are now contracting staphylococcal infections. They go into the hospital without staph, but they’re coming come out with infections they didn’t have -- staph infections -- and sometimes they even develop the dreaded superbug staph infections that are antibiotic resistant.

This big culprit is called MRSA, or Methicillin Resistant Staphylococcus (Staph) aureus (MRSA). This strain of staph has evolved to be resistant to Methicillin (a derivative of the antibiotic penicillin) antibiotics, which is where it gets its name.
 Twenty five years ago staph was resistant to antibiotics 2% of the time, but now staph is resistant to antibiotics about 50% of the time. And with MRSA, well, it's resistant to almost everything.

MRSA is almost always spread by direct physical contact, and NOT through the air. So if someone has it, don't worry about them breathing on you but try to minimize physical contact, and wash afterwards.

You can also get staph through indirect contact by touching objects (i.e., towels, sheets, wound dressings, clothes, workout areas, sports equipment) that were contaminated by the infected skin of a person with MRSA or Staph bacteria.

This is why when someone gets staph in a household, you have to wipe everything down with a strong disinfectant like H2O2 (hydrogen peroxide).

Now, antibiotics are fast losing their effectiveness against all sorts of microbes, not just staph. In fact, I personally think the whole strategy of using antibiotics is doomed within a few decades as a way of killing bacteria. As a national strategy, we need new approaches for this health threat and some of which are contained in this book – at least the ones that WORK for killing staph.

The problem is so bad that in 1994, an issue of Newsweek featured an article entitled, "Antibiotics, The end of Miracle Drugs?" as its cover story.

Inside the article said, "Penicillin and tetracycline lost their power over staph back in the 1950's and 60's. Another antibiotic, methicillin, provided a backup for a while, but methicillin-resistant staph is now common in hospitals and nursing homes worldwide...Trying to cripple bacteria's defenses...will not do much more than buy us five to ten years... A better strategy might be to abandon antibiotics altogether in favor of different kinds of drugs."

While there are other multidrug-resistant organisms seen in the medical community, MRSA is the one most commonly seen. The outbreaks of MRSA have normally been confined to the nursing home or hospital setting, but now they're occurring in the general population, and antibiotics aren't working that's probably why you're reading this book, as antibiotics aren't working on staph aureus and we have a growing public health menace.¹

So let's summarize to make sure you have the story straight.

In some hospitals (particularly intensive care units) and nursing homes where antibiotic use is often high, there is a higher prevalence of resistant Staph.

¹ http://www.azcentral.com/health/news/articles/01200121staph.html
When Staph become resistant to methicillin (a simple type of penicillin), they are given the name MRSA. The MRSA sub-type of staph does not mean this particular strain is any more likely to cause an infection. Rather, it just means that if it does cause infection, the MRSA infection will be much harder to kill.

Antibiotics are no longer working against MRSA, but many of the strategies in this book WILL work. In the lab they’re proven to work, in practical experience they work. They can be miracle life savers, so take this information to your doctor!

The gist is, you may have some staph on your body that is resistant, but that doesn't mean you’re any more likely to get a skin infection with your next scratch. A healthy, intact immune system helps prevent infections of any type.

Nor does it mean you’re any more contagious than the guy standing next to you with regular staph on his body.

However, it does mean should that should you get a skin infection with MRSA staph, you wouldn't be able to take the simple antibiotics by mouth, but rather would probably need IV antibiotics. Even then, that might not work! Staph is becoming more and more stubborn to kill, so the adjunctive protocols in this book will help. They’ve been known to knock it out for good.

Think about the health concerns behind this, and that it means we really need a new national policy in researching antibiotic alternatives. Remember that as weaker strains of bacteria encounter antibiotics and die, those that survive become harder to kill. If a bacterial strain becomes harder to kill, this means that next time you encounter one, it is more likely to be one which has survived an antibiotic encounter, and is a resistant one.

That’s why MRSA staph is spreading.

If you think that an infection is caused by MRSA, see a physician immediately. The strategies within this book buttress that approach and often work when all else has failed.

Follow-up with your personal physician after a cure is essential.
How to Prevent a Staph Infection
When Those Around You Have One

Staph is spread among people having close contact with infected people. MRSA is almost always spread by direct physical contact, and NOT through the air.

Spreading may also occur through indirect contact by touching objects (i.e., towels, sheets, wound dressings, clothes, workout areas, sports equipment) contaminated by the infected skin of a person with MRSA or staph bacteria.

How can you prevent a staph infection?

**Good Hygiene**

It’s not an airborne disease, so one of the best ways of preventing staph is from good hygiene, namely:

- Keeping your hands clean by washing with soap and hot water.
- Keeping your skin cuts and abrasions clean. Keep them covered with sterile dressings until they heal.
- Avoiding contact with other people’s wounds. Also, avoiding contact with materials from those wounds.
- Not sharing clothes and/or intimate instruments – razors, soap, ointments, etc. with anyone.
- Washing all athletic equipment; For non-washable equipment, wash it with hot water and soap and then antibacterial solution, H2O2 or alcohol.
- Staying healthy so as not to have to go to the hospital.

**Washing Equipment**

Here’s how to keep equipment clean: Any equipment that is shared (especially equipment that becomes drenched in sweat such as wrestling mats, gymnastics horses, etc) should be cleaned with an appropriate disinfectant.

The disinfectants listed below are effective for MRSA and other bacteria:

- Hydrogen Peroxide/germicidal wipes
- 70% Isopropyl alcohol
- 1:100 solution of household bleach and water (made fresh)
- Waterless antiseptic hand cleanser
- Soap and water if nothing else is available
- Wash linens and clothes that become soiled with hot water and laundry detergent.

[www.TheSkepticalNutritionist.com](http://www.TheSkepticalNutritionist.com)
In the Home

If you or someone else in your household contracts staph, such as boils, every communicable surface must be wiped down with disinfectant, especially doorknobs and even computer keys.

Linens should be washed every few days with hot water, bleach and laundry detergent. This will help prevent staph from being passed from family member to family member. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria in clothes.

The diet should be changed to bolster everyone’s immune systems -- avoid sugar and take a multivitamin with immune boosting supplements. To prevent infections, every little bit helps.

Since staph is passed on through human contact, washing your hands is one of the most effective ways to prevent the spread of all infections.

While at the Hospital

When you are in hospital you can help prevent contracting (or spreading) a staph infection by:

- Not walking on the hospital floor in bare feet.
- Consider bringing your own alcohol or antibacterial wipes with you to the hospital; Ask the hospital staff to clean their hands before examining you; You should also wash your own hands before meals and after using the toilet; Ask visitors to clean their hands before and after visiting you.
- Try to avoid all unnecessary contact with other patients and do not share their personal items or books, newspapers etc. Do not touch any dirty hospital linens.
- Use a bactericidal soap and shampoo for a few days before entering the hospital.
- Report dirty toilets, bathrooms or bedding to hospital staff and asked them to be cleaned. Do not lean on any public services with bare skin.
- Only take antibiotics as prescribed and always complete the full course of the treatment.
- Use a personal room ionizer to rid the room of airborne bacteria, such as antibiotic resistant acinetobacter (which causes infections of the lung [pneumonia], blood stream [septicaemia] and infections of surgical wounds and burns as well as urine infections).

The key to all this are a few simple principles: Wash your hands, wash household linens and equipment, and minimize contact with items that can result in infection or re-infection of staph.
MesoSilver® Colloidal Silver

I don’t want to waste your time, so let’s get right to the point.

MesoSilver®, a certain type of colloidal silver, is probably your first choice to use to help kill systemic or topical staph – including MRSA staph, when you don’t want to fool around and everything else doesn’t seem to be working.

If the staph infection is systemic (or topical), if time is of the essence, if the situation is deadly serious, this is what I would personally use.

Later we’ll get to the reasons as to why only this brand of colloidal silver works while others don’t seem to pack the punch, but for now I’m skipping directly to the protocol.

Before we begin, go to http://www.silver-colloids.com/Pubs/EMSL/SaureusMRSA.pdf and take a look at the lab results performed by EMSL Analytical, one of the premier microbiological testing labs in the nation. These results naturally are not faked.

The EMSL Analytical lab tests were designed to emulate the protocol of using MesoSilver inside the human body for systemic infections. Therefore, the product was tested with 1% and 10% dilutions because they bracket the concentration you can achieve in the blood (in vivo) when you ingest MesoSilver. Other colloidal silvers may claim they kill staph, but not at these dilutions. If you instead showed test results of a product at full strength, that only applies to its use as a disinfectant on the skin but has nothing to do with how well it works inside the body when it’s diluted within the blood stream.

Look at the results -- the lab tests show that MesoSilver does indeed kill staph. So do the reports of people who use it!

This is an expensive product, but if your life is at stake, cost should not be your concern. Even if your life isn’t at stake, this is one of the first choices of what you’d probably try to help get rid of staph when everything else fails.

The most common protocol for using MesoSilver in serious cases of infectious disease is the following:

- 1 tablespoon ingested 4 times daily
- If there are no results after 2 days, 2 tablespoons 4 times daily
- If there are no results after 2 days, 4 tablespoons 4 times daily
- In life threatening illnesses, the dosages taken by people are often jacked way up to 1-2 tablespoons every 2 hours to “saturate” the body’s system, with the theory

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2 It’s because it is produced through a unique process entirely different than that used by every other colloidal silver manufacturer, so its qualities are extremely different.
being that at some time there will be a “tipping point” at which the antimicrobial properties of silver start getting a handle on the situation.

MesoSilver also comes in a spray bottle which can be sprayed on the skin for cuts, boils, scrapes, and other skin conditions. It can be sprayed wherever needed but for serious wounds that won’t heal, one doctor came up with the following protocol that mimics the use of commercially available silver-coated/impregnated dressings for burns and wounds:

- Obtain a clean gauze bandage.
- Soak it thoroughly, so it becomes dripping wet, in MesoSilver.
- First spray the infected area with colloidal silver, then wrap the gauze over the infected wound, and then wrap it with saran wrap (plastic wrap) to keep it moist. Keep it in place with skin tape.
- When the gauze becomes dry, replace it with fresh, wetted gauze impregnated with MesoSilver once again.

You already know that staph can reside in the nose, so how do you get rid of that if the antibiotic creams don’t work? You not only ingest the MesoSilver colloidal silver, but you can pour it in your nose (some people do that for the ears for ear infections).

First, you would buy a plastic SinuCleanse neti pot at a drugstore or on the web for about $20. They're also sold in health-food stores, through the mail and on the Internet. Then using the neti pot, the protocol for flooding your sinus cavities with MesoSilver (from the colloid-silver forum) is as follows:

**Sinus Flooding Procedure**

This procedure was developed for use with a true silver colloid that consists mostly of silver particles with a minimum silver concentration of 20 ppm. This procedure will not work with ionic silver products. This procedure should not be performed using "silver protein" type products.

This procedure has been reported to be helpful against sinus infection and the flu. Because colloidal silver kills on contact, the silver must come in contact with the infection causing pathogens. A method which brings the colloidal silver into contact with the infected tissues of the sinus cavities is called the sinus flooding procedure.

In order to put colloidal silver into the sinus cavities a small amount of Xylitol must be added to adjust the osmotic pressure to be suitable for use in the sinuses. This prevents the painful sensation that one experiences when water goes up the nose in a swimming pool. Xylitol powder can be ordered here: [http://www.xlear.com/shop.aspx?info=show&prod=XYSP%20100%20CT](http://www.xlear.com/shop.aspx?info=show&prod=XYSP%20100%20CT)

Note: 1/8th of a teaspoon is equal to 1/8th of a packet of Xylitol.

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3 AcryMed Inc., a medical device company specializing in wound care and infection control technology, has already released research findings showing that silver is effective in combating MRSA topically.
Prepare the solution:

Add 1/8th of a teaspoon of Xylitol (artificial sweetener) to one ounce of colloidal silver to make the sinus rinse solution. Xylitol can be purchased at a health food store. For additional comfort warm the rinse solution to slightly above body temperature approximately 100 degrees F. This solution may also be used with a sinus irrigator to flush out the sinus cavities if a sinus irrigator is available.

The Sinus Flooding Procedure:

The procedure described herein is only applicable to colloidal silver. Silver protein products should never be put in the sinuses because the protein content can cause a serious infection if used in the sinuses.

a. Lay on a bed face up with the head hanging over the edge of the mattress so the nostrils are pointing straight up toward the ceiling.

b. Use an eye dropper to fill each nostril with the rinse solution. Keep filling each nostril until the rinse solution starts to drip in the throat, indicating the sinus cavities are filled. Remain in the same position for 2 to 3 minutes.

c. Roll over on the stomach and let the head flop forward over the edge of the mattress. This allows the rinse solution to flow into the forward sinus cavities. Remain in that position for 2 to 3 minutes then sit up and let the rinse drain out through the nose.

d. Important: Repeat this procedure 45 minutes later. The two rinses 45 minutes apart constitute a single rinse session. Perform two or more such rinse sessions per day. Relief will typically be noticeable by the second day. It is not unusual for the sinus infection to be gone within three days.

e. Repeat two or more sessions per day until the infection subsides. Very persistent infections may require several weeks or more.

Nasal spray: colloidal silver can be used in a nasal spray type bottle and sprayed directly in the nose as an adjunct to the sinus flooding procedure. No Xylitol is needed when using a nasal spray bottle. This method can be used several times throughout the day to improve the healing benefits. This is especially convenient and transportable.

Oral dosage:

Users have reported effective results using an oral dosage of one tablespoon (15 mL) taken three times daily in addition to using the sinus flooding procedure.

Most users report noticeable improvement within seven to ten days. How long it takes to completely get rid of the infection depends on several factors including the general state of health and the condition of the immune system. Generally, those who have an extensive history of using antibiotics will have a suppressed immune system and therefore require a longer amount of time using the sinus flooding procedure.

Once the symptoms subside, continue taking the same dosage for one additional week to insure that the infection is completely gone.
Now let’s get to the reasons why the MesoSilver® brand of colloidal silver works, and other colloidal silvers do not.

The reason MesoSilver works, while other colloidal silvers do not, is because it has a VERY high particle count of silver (80% whereas most other products are around 10%) and because the silver particles are extremely SMALL as compared to other brands (they are .65 nm in diameter whereas most other products are several hundred to several thousand times as large).

I don’t want to bore you with details, so I’ve put them in an appendix at the end of this book. Rather, I know you want to know the answer to the question, “How do I kill staph?” so that’s what I’m focusing on. Hence, for a background on the use of colloidal silver in general to kill off all sorts of infections, please see the appendix.

The point to remember is that not all colloidal silver products are manufactured the same way. MesoSilver is manufactured differently, and tends to work for all sorts of conditions where regular colloidal silvers fail. I’ve used it, naturopathic friends have used it to knock out staph and viral pneumonia, the evidence shows that it’s even keeping people with deadly Hepatitis C alive when all else has failed, and it’s been used for all sorts of pathogenic conditions.

Do not misconstrue this and say that colloidal silver is a cure for disease. It does kill bacteria and viruses and fungus, amoebas and mycoplasmas, but you cannot claim it cures disease.

Nevertheless, you have to know that silver’s usage to kill infections is proven, is in the literature, and it has been used for many decades. MesoSilver is a gigantic improvement over whatever has been used in the past, so this is the first thing I’d personally try for systemic or topical staph.

But remember that this medical data is for informational purposes only. You should always consult your family physician prior to any sort of therapy, protocol or treatment you decide to undertake including alternative remedies.
Hydrogen Peroxide

Alright, on to method two – using inexpensive hydrogen peroxide (H2O2) to kill staph.

For some reason, I’ve noticed over the years that any time a doctor starts telling patients to use the oral ingestion of hydrogen peroxide to kill infections – even life threatening infections where there seems to be no hope – the government rushes to shut them down.

Hence, I’m not going to recommend that you orally ingest H2O2 to kill off staph or other infections. While I’ve used it myself that way to get rid of bronchitis twice in my life when antibiotics failed, most people cannot follow directions so there’s always the chance they’ll do something stupid and harm themselves if they do this. Also, it often causes nausea with continued use and there are indeed health risks to oral ingestion. It’s not something you can do for emergency situations either, but is a longer term protocol.

Nevertheless, know that it is a common procedure used by many people, and information is readily available on the web as to how it’s done.

Interestingly enough, I first learned of the technique years ago from a 72-year old PhD nutritionist friend who did the exact same thing in a case of bronchitis so severe that she developed spots on her lung and was told to go home, put her affairs in order and get ready to die. I later heard first hand accounts of other individuals who have used hydrogen peroxide – either topically, orally or through intravenous injection – to heal themselves in “beyond hope” cases.

Countless other individuals have told me they’ve used oral ingestion of hydrogen peroxide to kill off nasty infections, and I’ve read on the web where one individual killed off his MRSA golden staph with this technique, too. Two doctors told this fellow, by taking Hydrogen Peroxide orally, I had accidentally pumped a very real antiseptic through my blood stream, making it impossible for the Golden Staph to survive. They pointed out that only thirty years ago, 3% hydrogen peroxide was widely used in hospitals as a tremendously effective antiseptic; so effective in fact that festering wounds bathed with it started to bubble and froth as the bacteria were destroyed. Unfortunately, with the introduction of more expensive and thus profitable antiseptics from the pharmaceutical companies, hydrogen peroxide was quietly pushed to the back of the closet, being largely forgotten as the years rolled by.4

Hydrogen peroxide does indeed kill all sorts of topical bacterial infections, including staph, but let’s just take a peek at the evidence anyway that hydrogen peroxide will do what we’re saying.

4 http://www.vialls.com/vialls/oxygen.html

www.TheSkepticalNutritionist.com
Just recently, a firm in England (Bioquell Lewisham High Street) invented a hydrogen peroxide nebulizing device that killed MRSA staph in hospitals prevalent with the staph superbug, which had become so troublesome that an entire hospital ward was closed to prevent more infections.

The new technique involves first emptying a hospital ward of patients and personnel, sealing all the doors and windows shut, and then using a series of machines to spray hydrogen peroxide mist into the air. Te machines create a vaporous fog that kills any germs (including the staph) upon contact. Afterwards, the hydrogen peroxide is mechanically extracted by a machine to insure that the environment becomes safe once again.

The hospital says the method works but won’t use it. (Remember what I was saying? Seems no one wants to let any of these methods take hold.)

Here’s another article, “Decontamination of dental unit water systems with hydrogen peroxide” (Zanetti F, De Luca G, Tarlazzi P, Stampi S. *Lett Appl Microbiol*. 2003; 37(3):201-6.), which shows how hydrogen peroxide kills staph:

Three percent hydrogen peroxide diluted 1 : 4 in distilled water (contact time 15 min) was used daily to disinfect the waterlines of a pilot unit previously contaminated with *Pseudomonas aeruginosa* or *Staphylococcus aureus*. The behaviour of the test bacteria was seen to differ over time. *Staph. aureus* numbers slowly decreased until only low numbers were recovered, after which the levels remained stable. *Ps. aeruginosa* abatement was more rapid and the density of the bacteria reached a peak when the circuit was empty. CONCLUSIONS: *Staph. aureus* and *Ps. aeruginosa* treated with hydrogen peroxide fell from 6 to 4 log. SIGNIFICANCE AND IMPACT OF THE STUDY: Treatment of dental unit waterlines with hydrogen peroxide was seen to be able to keep the number of the bacteria under control, as long as the treatment was repeated daily.  

The use of Hydrogen peroxide to kill *Staph aureus* is so obvious that a 2004 California State Science Fair Project student, Janna Nikkei, showed that a 3% hydrogen peroxide solution killed the bacteria readily.

US government reports also show it kills staph, research papers show it kills staph, laboratories report that it kills staph…it just kills it. The granulocytes in your body produce H2O2 as the first line of defense against attacks by bacteria, yeasts, viruses,
parasites, macrophages, and most fungi. It has simply lost favor over the years since first being discovered because of the inflammation and damage to tissue it can cause.

So here’s what people do with hydrogen peroxide. If they have a wound or boil infected with staph, they keep it soaking wet with hydrogen peroxide. Basically, they bathe their infection in 3% hydrogen peroxide solution. Period.

Here’s how…

Once again, you place a hydrogen peroxide soaked gauze pad over the wound, wrap it with saran wrap (plastic wrap) to seal in the moisture, refresh it when it dries, and keep doing that for several days. You can use a self-adherent skin tape like Coban™ to hold everything in place.

The hydrogen peroxide will help prevent further colonization of the wound by MRSA, and will help eliminate it entirely.

You can even use hydrogen peroxide in a bath (or to wash equipment, towels, sheets, etc.) if you fear colonization on your body. Obviously, you can’t do that with colloidal silver or antibiotic cream, so this is one way to get rid of bacterial colonies on the skin.

To use it in a bath, you would do the following:

1. Fill the bath tub with warm water to the temperature you prefer. You want warm water in order to open up your pores.
2. Add one quart of 3% hydrogen peroxide bottle to the bath tub.
3. Add one-half teaspoon of sea salt to the bath water or two cups of Epson salts.
4. Start soaking. Avoid direct contact of the bath tub water with eyes.
5. After five minutes, add a second one quart bottle of 3% hydrogen peroxide to the bath water, if there is no tissue irritation is experienced (see caution note below).
6. After five minutes, add the third quart bottle of 3% hydrogen peroxide to the bath water.
7. Stay in the bath from 20 to 25 minutes.
8. Repeat 2-3 times per week, or as desired.

Hydrogen peroxide is not an option for systemic staph, but only for topical staph, and it’s a VERY cheap option, especially for washing materials, or for bathing or disinfecting the household.

Together with MesoSilver, you now have two adjunctive products that you can use in combination with whatever the doctors say that will give you an extremely high probability of success in beating staph.
MesoSilver is safe to take internally. You can also spray it on the skin or soak wounds with it.

Hydrogen peroxide is safe as a topical agent … and you can even take it as a bath or use it as a wash.
The Secondary Protocols

Now we come to what I call the “secondary protocols” for stubborn Staph infections.

These are not what I consider first lines of defense and if my life is in danger and I really don’t want to fool around … I would go with MesoSilver orally and topically, or a MesoSilver plus hydrogen peroxide combination to kill Staph. That’s a powerful way to help get rid of systemic staph (and all sorts of other infections, too), so the combination is ultra powerful.

Nevertheless, the additional protocols we will discuss for killing staph include:

- Tea Tree Oil
- Honey Dressing for Wounds
- Hawaiian Sugar Wrapping

Tea Tree Oil

First, what is tea tree oil? Tea tree oil is the essential oil steam distilled from the Australian plant, Melaleuca alternifolia, and the New Zealand equivalent Manuka (Leptospernum scoparium) and kanuka (Kunzea ericoides, formerly Leptospermum ericoides). The species is known collectively as “tea trees” because Captain Cook used their leaves to brew strong teas for his sailors.

Tea tree oil is an effective treatment for many skin conditions such as cold sores, the shingles and chicken pox blisters, warts, acne, large inflamed spots and rashes. It is also quite effective against a wide variety of fungal infections including athlete's foot, ringworm, and thrush as well as dandruff.

Tea Tree oil contains numerous active chemical compounds that are mostly terpenoids: monoterpenes, sesquiterpenes and their alcohols. One particular compound, Terpinen-4-ol, must make up at least 30% …and preferably 40-50% of the oil… for it to be medically useful. This is the compound that is responsible for most of the oil’s antimicrobial activity, which is why the oil is of interest to us.

Tea tree oil is used worldwide in all sorts of health conditions as a natural antiseptic, fungicide, germicide, and antibacterial agent. We’re discussing it because of its strong antimicrobial properties -- it’s even known to kill bacteria resistant to antibiotics. Specifically, the oil itself, and terpinen-4-ol, actively kill methicillin and mupirocin resistant Staphylococcus aureus.

www.TheSkepticalNutritionist.com
So studies definitely show that tea tree oil can inhibit and kill MRSA in the lab. There is also evidence that it may be useful for eliminating topical MRSA, just as it kills fungal infections on the skin (such as athlete’s foot).

The in vitro activity of tea tree oil against *Staph*, including MRSA, has been studied many times in laboratories and is indisputable. You can download a recent study by the Australian government at [http://www.rirdc.gov.au/reports/TTO/05-115.pdf](http://www.rirdc.gov.au/reports/TTO/05-115.pdf).

These previous in vitro (out of the body) findings together suggest that tea tree oil could be used for eradicating *S. aureus* carriage or treating infection, so people have tried it for just this purpose.

Data from one small study showed that tea tree oil, when formulated into a 4% nasal ointment and 5% body wash for the skin, was slightly better than the standard drugs used to prevent the spread of staph -- mupirocin nasal ointment and Triclosan skin. So here we have another option for treating the inside of the nose; whereas you can spray the inside of your nose with MesoSilver or do a nasal wash, now you have the option of using tea tree oil creams as well.

A second study indicated similar clearance rates for both the tea tree oil regimen and standard treatment once again.

Nevertheless, on the current evidence, it is unlikely that your doctor will use tea tree oil to treat systemic MRSA infections although it may find a use in treating wounds infected or colonized with MRSA. With MesoSilver available, and hydrogen peroxide, this is approach is more of a second line of defense.

**How do you use tea tree oil?**

It’s very simple. Tea tree oil at a strength of 70-100% should be applied directly to the affected areas of the skin. It should never be swallowed. So you apply it directly to a staph boil or other skin problem.

**Honey Dressing for Wounds**

The idea of pasting honey onto an infected wound to kill infections is an ancient one… and is a tested, proven procedure. So honey’s wound-healing properties have been known since ancient times, but only recently have scientists started studying these properties extensively.

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7 Carson et al. 1995a; Carson et al., 1995b; Carson et al., 2002.
9 Dryden et al., 2004.
Much of the research on using honey is being performed by Australian scientists, probably because honey is such a large export of the country. These types of studies are usually more easily funded when you have that type of situation, as the government is usually keen to finance any research that can lead to more exports. You need to know this to determine whether the studies might be biased or not.

Before we examine honey’s abilities to treat staph infections on the skin, you have to know that this is not just crazy nonsense. Honey has been previously shown in many studies to be great for treating burns, sores, ulcers and treating abscesses where usual antibiotic treatment have failed. Honey tends to clean and sterilize wounds (killing bacteria), and also speeds up wound healing with reduced scarring.

Here’s what we know definitively from lab studies: honey has been proven to work against the seven most common types of bacteria found in wounds, including staphylococcus aureus and MRSA staph!

To use honey, you usually dilute it before you apply it to an infected wound, and the dilution you use affects the killing power of the honey. The complete inhibition of all bacterial species studied usually occurs at below a 10% honey concentration.

In other words, you have to dilute honey before applying it, because it’s the dilution that actually makes it work.

Researcher Shona Blair, at the University of Wales Institute (Cardiff), found that honey diluted to a 1% solution inhibited the growth of drug resistant staph for about three hours. A stronger 2% solution of honey inhibited growth for 5 hours and 3% solution inhibited growth for 10 hours. A 4% dilution showed no growth in drug resistant staph over 24 hours.10

Other researchers have found that Manuka Honey, derived from bees that primarily visited the flower essences of the Manuka Tree (Lepospermum scoparium) or Tea Tree, that showed UMF activity11 was effective in killing Staphylococcus aureus, the most common wound-infection species, at 1.8% honey concentration (Willix 1992). Methicillin-resistant S. aureus (MRSA) strains have also been tested against both types of activity, with complete inhibition shown at 10% honey concentration (Molan 1996).12

Scientists who have studied honey have surmised a variety of reasons honey works so well in killing staph:

11 The UMF (Unique Manuka Factor) number is a standard way of describing the anti-bacterial strength of Manuka honey, which has a special non-peroxide antibacterial activity not found in any other honey. To arrive at the number, honey is placed on a plate together with a bacterial culture, and the area where the bacterial growth is stopped is measured and compared to a similar area produced by a solution of phenol and water. The number refers to the percentage of phenol in the water. So UMF honey is honey that has the same anti-bacterial strength as 10% phenol.
12 http://manukahoneyusa.com/old_site/ActiveManukaHoney.htm
1. **Honey Produces Hydrogen Peroxide:** When the enzyme glucose oxidase, produced by bees, reacts with water in the wound and glucose in the honey, it produces hydrogen peroxide. Hydrogen peroxide, as you know, is a very strong antibacterial substance that kills bacteria, including staph infections. Interestingly enough, the hydrogen peroxide is only produced when honey is diluted, which is why diluted honey is applied to infected wounds to help them heal. The concentration of hydrogen peroxide in honey is just low enough that it doesn’t harm the skin, inflame a wound or damage the tissue. The harmful effects of hydrogen peroxide are further reduced because honey sequesters and inactivates free iron that promotes the formation of H2O2 produced free radicals while its antioxidant components also help to mop up free radicals. Basically, because many honeys release low levels hydrogen peroxide and gluconic acid, this helps inhibit the growth of bacteria.

2. **An Osmotic Effect due to its High Sugar Content:** Honey also consists of a very high concentration of sugar molecules – it’s about 80-85% fructose and glucose (sugar molecules) - and it is only comprised of about 15-20% water. Bacteria need moisture to grow, but when honey comes into contact with moisture, the honey has so many sugar molecules that they tend to suck up any water that’s available and bind to it tightly, locking it away from other possible chemical reactions. The osmotic effect also absorbs pus in the wound. Because the sugar and water molecules interact strongly, bacteria in the proximity are denied enough water to be able to grow. Hence, with honey in the area sucking up all the water, bacterial growth is inhibited. So one of the reason’s for honey’s antibacterial properties is its high sugar content, which also explains why the honey you leave in your cupboard closets never goes bad (which is because bacteria need moisture to grow). The glucose provided by honey also feeds white blood cells, helping to feed them with energy so as to kill bacteria.

3. **Honey’s Acidity Inhibit Bacterial Growth:** While a neutral substance has a pH of 7, a typical honey has a pH value between 3.2 and 4.5. Therefore, honey is a very acidic substance. Bacteria, which like to grow in pH regions between 7.2 and 7.4, do not like acidic environments, so honey’s acidity actually inhibits bacterial growth. However, as honey is diluted its pH becomes higher (less acidic), and therefore this antibacterial quality of honey is progressively diminished the more it is diluted, which you need to do to support the production of the antibacterial hydrogen peroxide.

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13 The concentration of hydrogen peroxide activated by honey is about 1000 times less than in the 3% solution commonly used as an antiseptic.
4. Extra Phytochemical Factors: We know that honey contains hydrogen peroxide, which is a strong anti-bacterial substance, but it also contains a variety of other unknown chemical factors that also tend to kill bacteria. In particular, the honeys of New Zealand (ex. Manuka honey) and Australia, which are often derived from the nectar of the flowers of medicinal plants, are proven carriers of special antimicrobial properties that regular honeys lack -- but which are not due to their low pH, their production of hydrogen peroxide, or high sugar content.

The test results on honey’s ability to kill staph are so convincing that it’s been reported that the Australian government has already backed a program to market the use of honey against golden staph in hospitals worldwide.

Manuka honey has especially proven antibacterial properties to help kill staph, and you can find reliable suppliers on the web. Because of its sticky nature, honey actually combats one of the trickiest problems in combating staph, which is penetrating the biofilm that the microbe creates as a defense.

When bacteria grow together, they often develop a slimy mass called a biofilm that makes it much less sensitive to antibiotics and antiseptics. The stubborn, slimy ring you see around plugholes is an example of a biofilm, and if you’ve ever tried to scrub one away you know how tenacious it can be. When staph infect a wound, doctors need some way to remove this biofilm in order to treat the wounds safely, and it just so happens that every time you apply honey to a biofilm layer, and then wash it off, it actually disrupts the biofilm, making the wound more susceptible to treatment with antibiotics.

If you choose to apply honey to a wound, the following procedure is usually applied:

- First wash the area gently with warm water or a saline solution.
- Next, you can apply 1-2 teaspoons of honey directly on to the wound, or on to sterile gauze dressing that you apply to the wound.
- Apply skin tape over the gauze to hold it in place.
- The wound dressing is changed once or twice a day, every 12-24 hours.

It may sting a little when you first apply the honey, but changing the dressing is usually painless because the honey creates a pliable layer between the wound and dressing for later removal.

Which honey do you use?

While a variety of honeys have been tested all over the world and shown to be active against a wide variety of organisms, the best honey for fighting staph seems to be the New Zealand Manuka honey (made from the nectar of tea tree flowers) because of their special, proven and measured antibacterial qualities. Heather honey also tests well against
staph, as does kanuka honey, but the effectiveness of the manuka honey is attributed to a substance other than hydrogen peroxide.

If you cannot get a honey with proven antibacterial properties, at least use a raw honey rather than a heated honey, as the heat can destroy its bacterial properties, including pasteurization.

Hawaiian Sugar Wrapping

Along the lines of the honey dressing I’ve just related, a colleague in Hawaii developed the following simple protocol which I thought I’d relate to you…

As an aside, if you have any other protocols that have worked for you in killing staph, and which you feel may help others, then write me and I’ll be happy to add them to future versions of this book. Just send them by email to staph@theskepticalnutritionist.com.

Now in Hawaii it’s very easy to get Staph infections -- big weeping open sores. Nothing seems to ever die out there because nothing ever freezes, so bacteria are everywhere. You can get a cut on a lava rock and then it’s possible to get a Staph infection in 4, 5, 6 weeks with a lot of pain and open weeping sores.

For topical staph infections that would not heal, he basically just put hot packs on the sores. He warms up the areas tremendously, drawing a lot of blood to the area because of the extra blood flow brought on by the heat, at which point he would pack an open sore with a poultice of sugar water -- just sugar paste. He would take sugar and mix it with water to form a thick paste.

You add just enough water to sugar to make the paste – you don’t just pour sugar crystals on a wound. First, you use granulated sugar, which is pure sugar. To make this paste, you don’t want to use powdered sugar because it has corn starch in it. All you do is just add enough water to the granulated sugar to make a paste so that you can lay the mixture in the wound without a lot of crystals.

Half an hour later, or waiting longer (sometimes he would wrap the sugar mixture with saran wrap to hold it in place) you would wash the sugar out and the wound would heal.

That was the method entirely – a sugar pack for a Hawaiian Staph infection. For open wounds or skin ulcerations, you pour on a mixture of granulated sugar onto a wound, perhaps smearing a ring of petroleum jelly around the edges of the wound to hold the sugar in place, and then washing it away after it dried. Sometimes he covered the wound with a bandage (changing the bandage once or twice a day) to hold it in place longer, but once it dried, there was little usefulness left to the method.
While I have not tried this method myself nor can speak to its effectiveness, this is yet another method you should be aware of.
Don’t Eat Sugar!

There is one SPECIAL dietary rule you should follow when you have a staph or any other infection to maximize the results of your doctor’s efforts or your own efforts to get well: cut down your sugar intake.

Cut it off, cut it down, eliminate it, reduce it … whatever you want to call it, you have to reduce your consumption of sugar and sugary products during this period.

This is hard to do, but critical to keep your immune system in top shape, which contributes to beating staph.

Here’s why…Plain and simple, eating sugar suppresses your immune system.

On one hand, here you are trying to kills a staph infection. At the same time, while you’re trying to kill potentially deadly pathogenic microbes, if you eat sugar you’re suppressing your immune system at the same time.

Does that make sense to you?

It’s well proven that sugar consumption suppresses your immune system. For instance, in one study where healthy volunteers consumed a large amount (100g) of refined sugar, their white blood cells’ ability to destroy bacteria was impaired for at least 5 hours, and this type of study has been confirmed many times.

Eating sugar suppresses your immune system for hours!

You don’t want to be suppressing your immune system in any way, shape or form possible while you’re fighting staph, especially if it is MRSA. No soft drinks, no orange juice, no milk, no chocolate, no cakes or candies. No fruit juices [frozen, bottled, canned], chewing gum, cookies, ice cream, jams, jelly, Jell-O, pastries, preserves, sherbets, syrup, processed commercial yogurt, corn syrup, dehydrated cane juice granules, barley malt syrup, brown rice syrup, date sugar, maple syrup, blackstrap molasses – NO SUGAR!

Study after study shows that eating sugar suppresses your immune system…and for at least 4-5 hours or more! So stay off the sugar otherwise you’re fighting yourself at the same time you’re trying to help yourself.

Eating sugar is not only the main reason people are overweight today, but one of the major contributors to all the immune-compromised conditions we’re seeing today in

14 This also includes wheat (gluten) products and hi-glycemic foods, both of which quickly turn into sugar in the body when ingested. Wheat products are particularly dangerous on this account.
How to Kill Stubborn Staph and Superbug Infections - William Bodri

society. Maybe it even makes you susceptible to staph, or maybe there’s a pH diet tie-in that makes you susceptible to staph and sugar contributes to this off-factor.

I’ve often wondered about that, but I don’t know. I do know that people eat sugar, the sugar becomes glucose in the blood stream, the extra glucose is stored as fat, the extra glucose makes white blood cells sluggish, and in turn this allows bacteria, viruses, fungi and other microbes to flourish… including staph.

If you eat sugar all the time, you’re continually compromising your immune system and that’s not what you want to be doing when you’re fighting a staph infection.

Naturally we don’t want to be suppressing our immune system at the same time we’re specifically doing something to kill off staph, so in your best interests, out should go your sugar consumption during this time. I know it’s hard to eliminate sugar from the diet, but at the very least you must strive to reduce it.

When you eat sugar, study after study shows that it suppressed the immune system for hours, which allows bacteria and viruses to have their opportunity to flourish. That’s why there’s a standard naturopathic rule in modern medicine: avoid sweets or high sugar foods when you are sick.

Even regular doctors will tell you to reduce your intake of sugar for the prevention and treatment of infections (e.g., colds, flu, bronchitis, and urinary tract infections). If there is ever a plague or virus going around, this is one of the invisible steps that helps keep you healthy.

What are the specifics on all this?

There are between 60 and 400 trillion phagocytic white blood cells active in a typical body. White sugar causes these defenders to become sluggish in their work, thereby lowering our resistance to disease. Specifically, after sugar is ingested, typically two hours later there is a 40% reduction in neutrophil activity. Now because neutrophils constitute 60-70% of total circulating white blood cells, when you eat sugar and shut down their activity you have done major damage to your immune system.

We’re talking major damage here, and the power of your immune system can even drop 50% for 24 to 48 hours.

Ingestion of only 75 grams of glucose has also been shown to depress the activity of the other most common white cells, the lymphocyte. Basically, the over-consumption of sugar paralyzes our white blood cell’s phagocytic ability (the ability of white blood cells to engulf and destroy bacteria and other microbes), increasing the risk of viral and bacterial infections.

Nearly all forms of sugar (including honey) interfere with the ability of white blood cells to destroy pathogens. When body fluids have higher level of sugars, it also makes it more
attractive for bacteria and other disease organisms to thrive. In other words, processed sugar messes up your immune system so stay away from it during any anti-staph protocol you follow.

That’s going to be hard to do if you’ve never tried to cut off sugar before. Sometimes I think it’s almost easier to become a vegetarian than cut down on sugar consumption because sugar is so addictive.

We eat about 145-175 pounds of sugar per year, which is dozens of teaspoons a day. Sugar is in practically everything we eat and cutting off the cravings for sugared foods is best compared to a drug addict craving a fix….that’s how bad it is. So you might as well try it at the same time as you’re trying to kill off all these microbes, as it’s only the first few days during which you’ll feel uncomfortable, so get it all over with at the same time.

Maybe you cannot totally eliminate sugar from your diet, which is understandable, but you can certainly reduce that extra soda, drink of orange juice, and even cut down on wheat products and high glycemic foods that turn into sugar quickly within the body.

I’m not going to go into all the strategies for doing this because the big thing is the MesoSilver colloidal silver and other products, and if you really want to cut down on sugar consumption, you probably already know what to do:

- Cut down on soft drinks and sugar drinks
- Cut down on any food containing glucose, fructose, and so forth
- Cut down on wheat flour products (gluten products) because in having ground up wheat particles into a fine flour, they turn into sugar quickly within the body

One thing you might do during this period is consume 1-2 teaspoons of glutamine powder in water every time you get a sugar craving. Glutamine may help you cut down on your sugar cravings, and actually fuels your immune system. So supplementing with glutamine powder during this time is a potential help in a very small way.

Lastly, a final word if you want to help kill as many microbes as possible: Take a good multi-vitamin/multi-mineral supplement. That will help supply your body with nutrients necessary for optimal running such as fighting infections. I need not say anything more on this because it’s so obvious.
Summary Protocols

Let’s summarize what we’ve learned.

**MesoSilver® colloidal silver** – don’t trust any other brand -- will attack staph microorganisms directly and kill them. It’s safe, it’s potent, it’s quick but it’s expensive.

If you have a systemic infection, you can orally ingest it and when you reach the right saturation point, staph should begin to die. Staph is immune to antibiotics, but not to silver. It can also be sprayed onto the skin or wounds to kill infections topically… and can be used for all sorts of other conditions other than staph when you’re done.

**Hydrogen peroxide** is great for wiping down and washing household items to prevent re-infection by staph, and is great for making a bath to soak in to help kill staph on your skin. You can also apply it to wounds – though usually with some irritation – or use it to soak boils and carbuncles.

These are the first serious line of defense against staph in the alternative, complementary field. You can use them singly or together. Having used them both for various conditions and seen their power, I tend to rely more on the colloidal silver.

You can also try to disinfect wounds with **tea tree oil**, or pack open wounds with manuka **honey** to try to kill staph infections and heal open sores. A sugar wrapping does the same thing, but manuka honey – which bees produce from the nectar of tee trees – has special antimicrobial properties. Honey, in addition, has a long history for helping heal ulcers, burns and wounds that won’t heal, so this is a possibility for skin infections when conditions merit it. You’ve got several options, so it’s up to you to decide according to your circumstances, which only you and your doctor know.

Lastly, **eliminating sugar** prevents you from suppressing your immune system during this period. Don’t be suppressing your immune system at the same time you want it to be operating in peak condition. That just doesn’t make sense.

In terms of applications, we have the following summary table of things you can try:

**Systemic Infections**: MesoSilver internal use  
**Nasal Wash**: MesoSilver nasal wash, tea tree oil 4% cream  
**Open Wounds**: MesoSilver packs, hydrogen peroxide packs, tea tree oil, honey packs, sugar packs  
**Boils**: hydrogen peroxide soaks, MesoSilver  
**Cuts, Impetigo and Minor Skin Conditions**: MesoSilver, hydrogen peroxide  
**Body Wash or Cleaning**: hydrogen peroxide bath

That’s it – not a lot of things, but just a few things that are easy and which WORK.
Why so short a book? I don’t like fluff. I appreciate the fact that you don’t want information overload and one thousand options either. Staph is serious, especially MRSA staph. You want a limited number of things to do/try, you want the things that definitely work. Time may be of the essence; a life may be at stake, and certainly there’s discomfort…

… remember, therefore, the MesoSilver and H2O2 but especially the MesoSilver.

I could have reported on a variety of other immune boosting supplements and herbs that help combat staph and other infections. Forget it. Staph is serious, let’s not play around with hopefulness but go with what works.

Yes, you can actually rev up your immune system to make it more active or effective using all sorts of herbs such as olive leaf extract, garlic (the allicin kills staph), grapefruit seed extract, berberine herbs (found in goldenseal, oregon grape root, barberry and Chinese goldthread) that have been proven to kill staph.

As you can see, this entire protocol has separate components that work in different ways, but all contributing to the same end result.

Good luck with these adjunctive therapies, and remember to always check with your doctor. Of course, you can do lots of research yourself on the web…it’s only a few clicks away.

Product Sources:

MesoSilver  -  www.PurestColloids.com
Hydrogen peroxide  -  any local drugstore
Manuka Honey  –  www.manukahoneyusa.com
Tea Tree Oil  –  www.iherb.com
Appendix 1 – MesoSilver Colloidal Silver

In medicine, there are two primary metals that are great at killing germs. Mercury is the best … and silver is the second best.

Despite this fact, most of medical research has focused on creating mercury derivatives and virtually ignored silver. That’s probably because mercury is toxic to everything while there’s little or no evidence that silver is toxic to human cells, which makes it harder to find a silver derivative or chemical compound you can patent that’s superior to just silver itself.

“No patent” means “no profit,” which means “no way we’ll fund research on this thing because we can’t make any money on it.”

That’s why you haven’t seen silver compounds replacing antibiotics and anti-viral agents manufactured by pharmaceuticals. What large drug firm will spend $250 million on R&D when they can’t make any money on this?

Anyway, the generally benign nature of silver on human cells together with its ability to selectively kill off pathogenic invaders is one the reasons why you can use it to fight bacteria, fungus, virus, amoebas and mycoplasmas. It’s been used for that purpose for years by alternative and conventional medical practitioners. How or why this EXACTLY works is still anyone’s guess, for science hasn’t figured out the actual mechanism behind the kill-off. Because there’s no patenting of silver, there’s just no funding for this sort of research even though this is a key question.

The current best thinking is that the silver somehow shuts off or interferes with the mechanism of cellular respiration used by bacteria, viruses and fungi, and so any organisms that come into contact with silver typically die because they “can’t breathe” anymore.

This ability to kill off germs is why in my grandparents’ day, when refrigeration was not so dependable, farmers would take a silver dollar and place it in the bottom of a milk pitcher to keep it from going bad. I actually saw my grandparents, who lived on a farm with milk cows, actually do this and tell me it did work, so I’ve seen it for myself. The silver would actually keep the milk fresher longer than usual because of the silver content.

15 Ingesting high amounts of “silver protein” products (not colloidal silver) is undesirable for human beings and can result in a condition called argyria, a blue-gray discoloration of the skin. For this reason most producers of silver protein recommend that their products not be taken for more than ten consecutive days. However, the same problem does not seem to occur for users of colloidal silver, which is pure silver. However, some people are allergic to silver, and for them you can say silver is not a benign substance. If you are allergic to silver in any way, you should not be following this protocol.

16 As stated, some silver products, taken in large doses for a large period of time, do produce toxic conditions. Silver itself is a heavy metal but the current thinking is that with particles tiny enough, it gets spread out everywhere and doesn’t collect in any one tissue.
Early records also indicate that the Phoenicians, used silver vessels to keep water, wine and vinegar pure during their long voyages, and there are some accounts of ancient kings using it for this purpose as well.

Now silver’s ability to kill pathogens is well proven, despite what anyone might tell you. If some “quackbuster” or the FDA says silver doesn’t kill pathogens, they’re just conveniently ignoring years of medicine usage based on silver molecules, modern scientific papers that have proven its antiseptic-antibacterial properties, and current practices. You’ve already seen the test results for Staph, and you’ll find the same results for many other pathogens.

Right up until now, silver drops are used in babies’ eyes to prevent infections, silver dressings are used for seriously burned patients, and silver catheters are used to avoid catheter-related bacterial infections. Silver is employed as an anti-bacterial and anti-algae agent in hospital water purification systems and more recently, in domestic household water filters. At the turn of the century, doctors depended on a variety of silver drugs to combat infections before the invention of antibiotics… so it does kill off germs, viruses, fungus and other microorganisms.

The list goes on and on ….

The big question then is what type of silver kills off these microscopic pathogens best that you want to get rid of, and what is the time-tested protocol people are using to do this?

Here’s the science, the basic protocol people normally use and some warnings on what not to do … but first, some background on the production of colloidal silver. You need to know this because there’s only one brand of colloidal silver that works for this protocol, and without this background information you wouldn’t know why you should stick with this brand. If you tried to use anything else, the effects just wouldn’t be as good.

I understand human psychology and know that even though you are told only to use this company’s product, people do the darnnest things to self-sabotage themselves. I’ve seen it over and over again. Many people will definitely go out and buy a different brand despite everything I tell you, it won’t work, and then they’ll either complain or wonder what went wrong and say, “The protocol doesn’t work.”

It’s not that the protocol doesn’t work … it’s just that if you substitute any other colloidal silver for MesoSilver,® the brand produced by Purest Colloids Inc. then you’re not following the protocol.

17 Silvadiene (silver sulfadiazine), which is used worldwide and by every hospital in North America for burn victims to kill bacteria and allow the body to naturally restore the burn area.
So here’s why only one product will work…

Most commercial colloidal silver products tend to be made by HVAC (high voltage alternating current) manufacturing processes. Typically, that kind of a production method produces mostly "ionic silver" – which are silver ions missing an electron in their outer shell -- rather than "colloidal silver," which is actually tiny particles of silver (not ions) floating in suspension.

The numbers aren't hard and fast but you’ll typically find commercial colloidal silver solutions that are composed of about 90% silver ions and only 10% silver particles. So what you find on store shelves when you pick up a bottle of colloidal silver is on the order of a 90% ionic solution…most of the solution contains silver ions rather than silver particles.

So you're buying mostly silver ions in solution rather than tiny metallic silver particles, which are small clumps of silver atoms grouped together.

The production method behind MesoSilver is a top secret, proprietary method I’ve personally seen that is not based on HVAC or DC methods, which is one of the reasons we want to use this product only. This product is about 80% particles and only 20% silver ions!

Here’s the first major problem with ionic silver, which is the type you’re likely to be buying in stores (or over the web) even if it is marked as a “colloidal silver.” The problem with using silver ions rather than silver particles is that while they do have some of the anti-microbial properties we’re looking for, as soon as they hit the stomach the silver ions combine with the chloride part of the stomach acid to produce a compound that is insoluble, called "silver chloride."

In other words, you ingest a solution that’s advertised as colloidal silver but is mostly ionic silver, it goes into your stomach, the ions meet the hydrochloric acid (HCL) and within seconds the ionic silver gets converted into silver chloride, which will destroy most of the effectiveness of ionic silver.

Silver is a cation and chloride is an anion, and they have a very strong attraction for each other. If you look at the periodic table and you understand chemistry, you'll see that the valence of these things is such that it's almost impossible to keep them from combining when they're in the same environment. Once the silver ions react with stomach acid and convert into silver chloride, then it’s usually washed out of your system.

There goes your hopes when using ionic silver for a higher anti-microbial effect!

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18 See [http://www.silver-colloids.com/Reports/reports.html#CompTable](http://www.silver-colloids.com/Reports/reports.html#CompTable) for more stats.
Remember, the single most prevalent anion in the human body is chloride. Whether it's in the bloodstream or stomach or anywhere in the body, chloride is the most prevalent anion in the human body. So the silver ions combine with the chloride ions from stomach acid and become a substance that is inferior to silver particles for fighting infections.

Therefore our first rule is that you don’t want a product that is mostly silver ions.

I cannot stress this enough, which is why I’m providing this lengthy explanation in order that you don’t fall for some slick marketing by all these competing colloidal silver manufacturers and make this mistake. Otherwise the entire protocol you might choose to use will be practically useless.

I see people who “try colloidal silver” all the time and it doesn’t work, and the whole reason is not because the protocol doesn’t work, but because they used the wrong product for the protocol. They used a sub-optimal product, didn’t get the results, and then wondered why they didn’t notice any results…and it was simply due to ignorance. They had the right idea, but used the wrong product.

Returning to our main story, ionic silver produces silver chloride once it’s ingested. Now there are some people who believe that silver chloride has antimicrobial properties also…and there is evidence to that account…but from the anecdotal reports I’ve seen, it appears that effectiveness is not as great as the effectiveness of silver particles. So while many people do get some anti-microbial effects from drinking ionic silver solutions -- such as the solutions they can make at home with a battery/generator and silver wire -- a lot of alternative health professionals feel that is usually derived from the great quantity they drink rather than from the high silver particle content of the solutions.

Yet another little discussed problem is that the silver chloride formed by ionic solutions is a compound that is insoluble. Once it forms inside the body, it doesn't dissolve back into its ionic state. It can't because it's insoluble in water. It's insoluble in acid, too. It’s a product you have to get rid of, and that’s on top of the fact that it is not as effective as the colloidal silver particles themselves in fighting pathogens.

Therefore, don’t ever buy ionic silvers, or “colloidal silver” solutions that are actually just ionic solutions in disguise. You can see this page for evaluations of various products to see what’s what: http://www.silver-colloids.com/Reports/reports.html#CompTable

That’s the first point I want to hammer in so that you buy the right type of colloidal silver product. As I said, I’ve dealt with this stuff for years and people always tell me the same thing -- they tried lots of brands and it didn’t work until they used the MesoSilver brand from http://www.PurestColloids.com.

I’m just hammering in the science behind what product will work and why others don’t because no matter what I say, people always self-sabotage themselves and switch to some other brand or product, convincing themselves it’s the same thing or falling for some
bogus advertising claim because it’s cheaper or more convenient. So once again, only use MesoSilver for this protocol if you choose to do something with it.

But let’s continue…

The second factor to consider when selecting a colloidal silver product is that the silver particle sizes in most ionic silver commercial products run anywhere from 10 nanometers on up to about 500 nanometers in size. The best products would be in the smallest particle size range (smaller is better), but very few of them actually wind up in that range.

For colloidal silver, “small” means 10 nanometers rather than 10,000 nanometers, but there are quite a few products out here – namely the silver protein products – that have silver clumps so large in the 10,000 nanometer range that they wouldn’t stay floating in without a protein suspension.19

These are the products to especially avoid not just because of the particle size, but because silver protein products present a risk to your health. There are no documented cases of colloidal silver ever causing any problems, but there are documented cases of the extended, long term use of colloidal proteins causing a skin discoloration condition called argyria.

Now why is particle size such a big deal?

Because the most important attribute of a colloid is the surface area… the particle surface area. To use any sort of colloidal silver product to kill off invading pathogens, you want to use a colloidal silver product where the particle size is so small that it can travel anywhere in the body to where it’s needed, and cover a large area both inside and outside of the cells. You want as large a surface area as possible.

A large surface area -- of any chemical -- gives the other molecules the greatest chance to come into contact with it and react with the substance in question. So that’s what you want in a colloidal silver product.

And how do you create a large surface area? By making the particles as small as possible!

The key point, then is to use a product with the largest surface area of silver particles, which means the highest quantity (concentration) possible of the tiniest particle clumps of silver possible.

19 The protein in these products is usually an animal protein like gelatin or Knox-gelatin, which is really a product derived by taking the skin, hooves and parts of animals and boiling them to derive the gelatin. The way you can spot those products -- if you're not sure because sometimes they don't even have the word "protein" on the label -- is you take the bottle and shake it and see if it produces a lot of foam. If shaking it makes foam that persists, that's usually a protein-base product.
Just so that you don’t end up being mislead, the people who make ionic silver say that the ion is smaller than an atom, therefore the ionic solutions have the highest surface area.

This is true. If you want the highest surface area then you can just buy silver ion solutions - individual silver atoms (ions) floating around in water. The problem is that with ionic silver, however, is the ion can't survive inside the human body, as explained. Even more important, you just don’t get the healing response reported that you do with the brand of colloidal silver I’ve recommended that is mostly silver particles in suspension, and not ions.

So here’s what we know:

- Despite what the uninformed say, colloidal silver can kill pathogens and cut down on your internal viral, bacterial, microbial load
- Silver ions don’t work as well as silver colloids (particles of silver) in killing off pathogenic invaders (although they may work for a short while, they eventually combine with chloride ions and become insoluble silver chloride which must be expelled from the body)
- For any colloidal silver anti-microbial protocol, you want to be ingesting colloidal silver particles as small as possible because that maximizes the total surface area of silver that’s available for coming into contact with pathogens
- You don’t want to use “silver proteins” or “ionic silver” solutions

Having established all this, there is one and I do mean only one manufacturer who produces a product of the superior qualities we want, www.PurestColloids.com of New Jersey. It produces a product called MesoSilver® and that’s the one you need to use in this protocol.

Because of its proprietary, top secret manufacturing process MesoSilver has particles that are .65 nanometers wide, and the concentration of silver particles is greater than 80% in their solutions. No other formula or production technique comes close to producing these numbers. No other formula seems to work as well either….

… So only get the MesoSilver colloidal silver from www.PurestColloids.com!

Finally with that behind us, here’s the protocol commonly used by folks who want to cut down on their internal microbial load. It’s simple:

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20 Which isn’t based on HVAC, DC or any other method that runs electricity through silver wires to produce silver ions, which is why this completely different technique is able to produce such a radically different but extremely effective colloidal silver product.

www.TheSkepticalNutritionist.com
How to Kill Stubborn Staph and Superbug Infections - William Bodri

Every day take 1-4 tablespoons of MesoSilver on an empty stomach for internal systemic infections.

That’s it. That’s the first bit of information that applies for all sorts of internal infections! It’s a protocol that has been used for years with remarkable success.

This brand of colloidal silver has helped people with HIV, dental infections, viral infections, hepatitis C, Lyme disease, mycoplasma, urinary tract infections, tuberculosis… practically any type of infection known.

It has a proven track record in killing off germs, viruses and other microbes and helping people stay alive. As to the power of this stuff, I’ve heard of people who were desperate with hepatitis C, who had been on interferon where it didn’t work, who were rejected for more treatments and the doctor said, "Go home and die." Hundreds upon hundreds have used this colloidal silver to manage the hepatitis C.

As to lung infections, my naturopathic colleagues have told me of cases where they have used it on clients to knock out bronchitis, pneumonia, upper respiratory infections, and even viral pneumonia using a nebulizer to apply the colloidal silver. They nebulized it, inhaled it, and killed off those deadly, life-threatening infections.

Therefore, you’ll simply use these anti-microbial abilities to your favor in cutting down your internal microbial load. That’s why you only want to be using this brand.

When people are fighting serious health conditions they typically ingest 3 tablespoons of MesoSilver a day. For less severe health problems they typically use only one tablespoon per day… so how much you want to use on this protocol is up to you. It depends actually on how deep you want to go and how much money you can spend.

For staph, you can spray it on the skin, soak a wound or boil with it (though sometimes the penetrating effects of hydrogen peroxide might be preferred – it depends on the circumstances), or you ingest it 3-4 times per day. If nothing happens in two days for serious conditions, the dosage is usually doubled after 2-3 day intervals until a response is encountered that indicates a “healing crisis.”

Once again, the basic protocol people have used is simple: 1-3 tablespoons of colloidal silver daily, on an empty stomach. The amount you decide to use within this range is up to you and depends on your health condition, what you’re trying to do, and how much you can afford to spend.

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Not a double blind study, but the “anecdotal” reports I hear from people who have used it for all sorts of conditions.

www.TheSkepticalNutritionist.com
If you only want one tablespoon a day, you can break that amount up into 3 teaspoons a day on an empty stomach. Don’t take 3 tablespoons all at once. If you are going to take 3 tablespoons only, spread it out during the day.

When you’re on this protocol, you must also drink lots of water – about 2 liters a day – to help flush the body of the bacteria dieing off and to keep the body well hydrated and the immune system working optimally. That will help you deal with the die-off effect that occurs from using this product.

This die-off effect is called the Herxheimer reaction, and here’s what it involves. Just a few days after you start using colloidal silver, you’re probably going to experience some degree of headaches, irritation, sweating, brain fog, muscle pain, itching, or sluggishness. These are “flu-like” symptoms that only last for 3-4 days and happen with any protocol that kills off bacteria and pathogens – whether it’s silver or antibiotics or whatever.

What’s happening is that the bacteria, viruses, and microbes that normally inhabit your system are being killed by the colloidal silver and dieing off so quickly that your bloodstream gets flooded with all this extra, toxic waste material. Toxic chemicals (endotoxins) are released from the cell walls of dying bacteria as they’re killed off and the immune system therefore responds through the symptoms mentioned.

Your liver also gets backed up for a few days clearing these wastes out, too, because it cannot eliminate all these die-off toxins quick enough. So until it gets a handle on the backlog, you have to drink lots of water to help keep your system flushed. Some people also take liver strengthening herbs to help process this detoxification cleanup, but that’s not a necessity for this protocol. The grumpiness usually just lasts for 3-4 days and then it’s over.

Nearly everyone experiences the Herxheimer reaction to some degree or another, which is just proof that the silver is working because if the colloidal silver wasn’t killing off all these internal pathogens, then of course this reaction wouldn’t be possible. So just bear with it and recognize that it’s working. The important thing to note is that symptoms do not indicate failure of the silver protocol but just the opposite – it’s doing exactly what you want.

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22 The Jarisch-Herxheimer Reaction, also known as the Herxheimer Effect, Herxheimer Response, JHR, Herx Reaction, or Herx. This is also what people refer to as a healing crisis, a detox reaction, or die-off syndrome.

23 Such as Douglas Labs GSH250 or Tyler Labs Recancostat.

www.TheSkepticalNutritionist.com