

Antimicrobial Instructions

Once you have made an educated decision and you have chosen some herbs, powders, drops or any other supplements you then need to know how much. Here we might have another hurdle to jump. Because we are all individuals what works for one person might not work as well for another. Let's take an example. You are going on a detox program to rid your body of unhealthy microorganisms. The choices could be Olive leaf extract, Pau d'arco, Lugol's Solution, MMS and now we are rediscovering again the age old folk remedies like Turps and Kero; the list is long. Which one to take? Well, they all will do the job. They might work in a slightly different manner and one is more powerful in one way and the other more effective in another and for some people one or the other might work better. It is not an exact science and trial and error is often the way to find out what works best for the individual. I believe in variety so why not interchange them? Use one for a while and then try another one, or have one herb/powder/drops in the morning and the other in the evening etc. With other words experiment, tune in and listen to your body. The same goes for quantities. There are no hard and fast rules to follow. Again, experiment and listen to your body it does have all the answers. Always start slowly and at a low dose. You might be able to start with one teaspoon of a certain concoction, but for your friend down the road he or she could have a bad reaction if started with a high dose like that.

Even the most knowledgeable person can often only guess, as he or she does not know your exact chemistry or the amount of build up or even your mental and emotional wellbeing enough to give you a precise and comprehensive answer. More often than not it is guess.

I have been receiving phone calls and e mails of confusion as to when, how much and what to take, in regards to antimicrobial treatment. Here are a few examples:

MMS, Pau d'arco, Olive leaf, Lugol's solution and Kero

1. Lugol's Solution: you can either go on the recommended 3 weeks program (as per information handout) or you can alternate it on a daily basis with, for example, Lugols in the morning, Pau D' arco noon and the Olive leaf extract or MMS in the evening.
2. You can alternate between the above on a weekly basis. Taking on, like Lugol's for one week and another antimicrobial the next week and so on.
3. Monthly rotation is also an option. Do your favourite antimicrobial on a monthly rotation, meaning take one for a month and then another.
4. 2 rules apply. Firstly I believe it is best when you are on any rotation plan to take the MMS in the evening and always take the Kero in the morning on an empty stomach.

The above are just some example of ways to rotate the different ant-microbials, Again, listen to your body and experiment. Read the instruction for the product and follow up with the additional information which you will find on most of our information handout.