

Food Poisoning Fixes

Dear friends,
It's time to share another amazing herbal healing!

A few weeks ago, a client came in complaining of severe diarrhea that came on early in the morning.

Upon questioning, he gave the following history:

The night before he had attended a party with a large spread of appetizing dishes. However, the food had been sitting out for hours. Among other things, he ate Raita (cucumber salad with yogurt), some goat cheese, rice with "stuff in it" and "maybe some egg in it," and sweet pastry desserts containing dairy products. He didn't notice that anything tasted wrong or that there was anything wrong with the food. However, before he went to bed that night, an intense heartburn and burping began.

He went to bed anyway, but awoke at 4 am with severe stomach cramps and diarrhea. By the time he arrived here in the morning, he told me he had had diarrhea 30 times, and that the diarrhea had literally turned into water. He also complained of a headache, severe weakness and body aches. He told me he felt like he was going to die, and he was feeling pretty desperate.

He had tried peppermint oil, but it was not my brand; it was a different brand. At that point, I chided him, "Don't you know better than that?"

Then I told him, "Not to worry, I have the perfect thing for this situation. It's called [Colon Detox Caps](#). Take 6 of these capsules every hour on the hour until it passes, and then once before bedtime. He didn't even think he could swallow capsules or even swallow any water because the nausea was so severe, and he thought he would vomit it up. To add insult to injury, he was burping up onions that he had eaten with last night's meal, and he felt like he had not digested them at all.

So, I gave him a couple of drops of *my brand* of [Peppermint Oil](#) and he put it in his mouth. A few minutes later, since he was feeling better, I gave him just a few ounces of water with about 3 drops of peppermint oil in it and told him to sip it slowly until it was gone. He told me that the peppermint oil got rid of his "sour stomach" almost immediately.

About 10 minutes later, he was ready to take the Colon Detox Caps. Within 20 minutes, he noticed a change. After an hour, the nausea and the body aches disappeared. After the second dose, the diarrhea went away for good. After the third dose, he felt dramatically different and like he could go about his day as usual. So he left, and went through his normal daily activities. Before bedtime, he took his last dose. He woke up the next morning and felt completely normal.

So, what were the diagnostic possibilities? In medical training, we learn about the "differential diagnosis." This includes a list of possibilities of what could be wrong with a patient. In this case, the

differential diagnosis includes food poisoning, traveler's diarrhea, antibiotic-associated colitis, parasite infection, pancreatic enzyme deficiency, diverticulitis, consumption of laxatives or foods with a laxative effect, new onset of ulcerative colitis or Crohn's disease.

Because he had not traveled recently, we could rule out traveler's diarrhea. He had no pets and had not traveled to a second or third world country, so we could rule out parasites. Taking antibiotics can kill off beneficial flora in the intestines and cause a severe colitis during or just after antibiotic therapy, but he hadn't taken any, so we knew it wasn't antibiotics. He had no history of pancreatitis, diabetes, cystic fibrosis or any other signs of pancreas disease, so pancreatic enzyme deficiency wasn't a possibility. What we were left with was food poisoning or an episode of diverticulitis. Since he had had an episode of diverticulitis in the past, we had to take this possibility seriously.

He gave a history of consuming lots of dairy-containing foods that had been left out to sit for hours, so food poisoning was the most likely scenario. According to epidemiologic studies, most cases of food poisoning are due to the consumption of two specific dishes: potato salad and chicken salad. Foods that are also frequently incriminated in food poisoning include meat and meat products; poultry and egg products; salads such as egg, tuna, chicken, potato, and macaroni; bakery products such as cream-filled pastries, cream pies, and chocolate éclairs; sandwich fillings; and milk and dairy products. Foods that require considerable handling during preparation and that are kept at slightly elevated temperatures after preparation are frequently involved in food poisoning. These foods are mainly troublesome because of their mayonnaise content. Mayonnaise contains both dairy and eggs and spoils when left out for longer than a few hours. During the hot summer months, higher temperatures mean that food spoils more quickly, and it turns out that summertime is the peak time of the year for food poisoning.

Regardless of the cause, the remedy was the same, so it wasn't crucial to know what the exact cause was in order to help him. The Colon Detox Caps works by absorbing toxic material from the intestines. When there are harmful bacteria in the intestines, diarrhea is the unfortunate result. We don't have to figure out what specific harmful bacteria is in the bowel – whether it's Clostridium, Campylobacter jejuni, Staphylococcus aureus, Enterobacter, Enterohemorrhagic E. Coli O157:H7, Salmonella enteritidis, Shigella, or Listeria monocytogenes. And because we don't need to know this, we also don't need to know what type of antibiotic to give him to kill the specific bacteria. We don't have to take anyone to the Emergency room or admit anyone to the hospital to put them on antibiotics. All we need to know is that **Colon Detox Caps** absorbs whatever harmful bacteria has just entered the bowel, no matter what type it is. We usually always see a complete recovery within 24 hours.

Some people take antidiarrheal remedies that slow down the diarrhea. For food poisoning, this is usually a bad idea. This is because if the cause of diarrhea is food poisoning, it is caused by infectious bacteria attacking the lining of the intestines. The body uses the diarrhea mechanism to rid itself of the bacteria before they can multiply and cause a worse infection. When you slow down the bowels, the bacteria are able to multiply even more. Doing this can prolong or even worsen the episode of diarrhea. If you're going to slow down the bowels, only do it if you have something that absorbs the bacteria and takes it off of the lining of the intestines where it can no longer cause problems. Because the Colon Detox Caps does all of these things at once, it makes the perfect remedy.

I won't travel anywhere, not even a short trip, without a bottle of Colon Detox Caps.

Some people have been successful in avoiding bouts of food poisoning by taking a tablespoon of apple cider vinegar in a glass of water with a tablespoon of honey. It's the vinegar that kills the harmful bacteria. I prefer to use a drop of [Lemon Essential Oil](#) in a glass of water since the lemon oil is so highly antibacterial, and it tastes good, too!

Current research shows its activity against E. Coli and Salmonella. *see reference below

Summary Treatment For Food Poisoning:

[Digestive Formula](#) or [Peppermint Oil](#) or [Ginger Tincture](#) to help nausea

Pinch of Salt to replace lost electrolytes

No food until the episode is over. Absolutely no fruit

Antispasmodic tincture – [Cramp Away](#), [Peaceful Nerves](#), or [Lobelia](#). To ease stomach cramps [Colon Detox Caps](#) – 6 capsules per hour or more if needed. Or use 1 tsp of the [Colon Soothe Powder](#) each hour. This is the same exact formula as the Colon Detox Caps, but it in powder form instead of capsule form. Optional: [Echinacea Premium](#) – to help immune system. Especially good for diabetics, elderly, cancer patients and those with weak immune system.

Immediately after the episode:

(When nausea is gone) – [Essential Nutrients](#) or [Earth's Nutrition Powder](#) or [Capsules](#) to help replenish nutrients and regain strength

Continue taking the Colon Detox Caps or Colon Soothe Formula for at least one day after the diarrhea is gone. In severe cases of food poisoning with vomiting, a person may vomit the first dose, but the second dose goes down fine after another 15- to 30 minutes. Because of the slippery mucilaginous herbs in this formula, vomiting them up doesn't hurt, so it's not a big deal at all if it happens. In fact, it's good if it happens because if a person is vomiting, then the bacteria is probably still in the stomach. The formula immediately begins to soak up the bacterial toxins in the stomach, and if a person vomits the formula, then they are also vomiting up the toxins because the formula absorbed them.

Food poisoning usually strikes without notice. In earlier days, people who were knowledgeable about herbs would always keep them stocked for emergencies. Make sure you stock your medicine cabinet now with this formula so you will have an easy fix ready to use for immediate relief.

[Immune Valor](#) – to strengthen immune system. [Flora-G](#) to replenish good bacteria

For those who don't know what herbs to take for their specific health issue, we now have a new [Ailment Reference Guide](#) online! This guide lists over 400 health complaints, and the specific herbs and/or formulas to take. Many people email or call in asking about herbs for their relatives' health problems.

Now you can show them this indispensable guide to help them figure out what they need. I always find that if a relative is unsure about taking herbs, seeing it printed in black in white is a big step towards getting them to accept the fact that herbs can help.

New formulas are here!

Adrenal Support - an energizing and strengthening formula great for chronic fatigue sufferers as well as bodybuilders and athletes. This formula is naturally free of harsh stimulants that give quick energy, but then worsen fatigue in the long run. (Ephedra, ma huang, caffeine, theobromine, Mormon tea, guarana, sugar).

Sweet Essence Essential Oil blend - an essential oil blend that helps balance the blood sugar whether it's too low or too high. The inspiration came from using the essential oil of cypress on a diabetic who went into hypoglycemic seizures and I was able to pull him out of the seizures almost instantaneously with the essential oil.

Stone Dissolve Tea, a valuable aid for naturally dissolving gallstone, kidney stones, prostate stones, arthritis calcium deposits.

We're in stock now and ready to get these valuable herbs out to you so that you can have a wonderful shift in your health level.

Yours in health,
Cynthia Foster, MD

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References:

J Agric Food Chem. 2004 Sep 22;52(19):6042-8. Friedman M, Henika PR, Levin CE, Mandrell RE. Western Regional Research Center, Agricultural Research Service, U.S. Department of Agriculture, 800 Buchanan Street, Albany, California 94710, USA. fried@pw.usda.gov. **Antibacterial activities of plant essential oils and their components against Escherichia coli O157:H7 and Salmonella enterica in apple juice.**