

Sent Oct. 20, 2008

Fighting Infections Naturally

Dear Friends,

I often get letters during cold and flu season, and even throughout the year from people who are suffering from infections, but for whom antibiotics have failed. This newsletter is going to outline what you can do naturally to heal infections without prescription or over the counter drugs.

You can literally save hundreds and even thousands of dollars in medications, doctor bills, emergency room visits with simple natural solutions.

#1: Stay Warm: during cold and flu season, the #1 thing you can do to stay well is to stay warm. This means NO COLD DRINKS or FOODS! This is very important. No ice water with meals.

- No ice tea with meals.
- No ice coffees.
- No frozen margaritas.
- No ice cream or frozen yogurt.

If you drink anything with meals, it should be lukewarm, hot or at least room temperature. Cold drinks interfere with digestion, dilute stomach acid, cause stomach cramps and indigestion and cause a chill in the body. In the wintertime, when the weather is cold, this extra chill can increase your vulnerability to infection. So, save the cold drinks for summer time when they actually help to cool the body down on an excessively hot day.

Instead of cold drinks, try hot water with lemon, herbal tea, or how about a tea that actually helps you digest your meal such as Detox Chai Spice
http://www.drfostersessentials.com/store/DetoxChaiSpice_mi.php ?

#2: Get your sleep. Enough said.

Not enough sleep = lowered immunity = cold or flu or other infection

#3: Ease up on the sweets and dairy - but especially ice cream.

Overload of sweets and dairy = infection

#4: Sweat it out - hot bath, infrared sauna, steam room, exercise - whatever you can do to sweat helps get out the toxins that are making you sick. This is most effective if you do it at the first sign of infection when it can completely wipe it out.

#5: Know what herbs to use

to increase your resistance and fight off invaders - and here we go:

Flora-G Plus: http://www.drfostersessentials.com/store/Flora-GPlus_mi.php

Candida-G: http://www.drfostersessentials.com/store/Candida-G_mi.php

Flora-G Plus is not just for killing Candida.

It also kills harmful bacteria in the system.

We've had several people with MRSA (multiple antibiotic resistant staph aureus) have very good success using Flora-G Plus and Candida-G.

One lady used up to 20 caps daily of Flora-G Plus for 2 months and her so-called fatal infection that failed IV antibiotics slowly disappeared. This was after her doctors told her there was nothing left they could do for her.

For staph infections on the skin:

what we do is:

- Open up 2 capsules of the Candida-G and mix in 6 oz. warm (or room temperature) water and put in a spray bottle.
- Cover the area with gauze that has been saturated with the Candida-G solution.
- Then every 15 minutes or so, spray down the gauze again.
- This solution lasts for up to 3 days.
- This formula works best when it is kept wet. Then the sporogenes - good bacteria - goes to work killing the bad bacteria.
- Then take the Flora-G Plus by mouth to fight the infection from the inside.
- This can be done for any type infection including a boil, a sebaceous cyst, a diabetic ulcer, etc.

In fact, it even works with animals, including one chihuahua who suffered a severe paw infection and the vet wanted to amputate it. After the above treatment over several days, the infection completely went away and the dog walked away with 4 perfectly good paws.

Echinacea (Echinacea Premium Formula):

http://www.drfostersessentials.com/store/EchinaceaPremiumFormula_mi.php

Can't say enough about it.

- I've seen fevers go down in as little as an hour.
- For severe or acute infections, use one dropper every hour on the hour.
- Doesn't matter if it's bacteria, viral or fungal.

Astragalus, therapeutic mushrooms (Immune Valor Formula)

http://www.drfostersessentials.com/store/ImmuneValor_mi.php:

- Take a little (about 1 - 2 droppers) every day during cold and flu season or when anyone around you is sick.
- It increases immunity and can dramatically lower the likelihood that you will get sick.

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Diffuse essential oils:

Many doctors used to burn herbs in their walking stick in order to protect themselves against infection when seeing infectious patients. Eucalyptus, Juniper, Lemon - these all have incredible disinfecting properties. The Germ Shield Formula http://www.drfostersessentials.com/store/GermShield_mi.php is excellent for this as well. You don't have to burn anything - just use a diffuser or a spray bottle and spray oils into the air.

Apply essential oils where the problem is:

for example:

- Germ Shield http://www.drfostersessentials.com/store/GermShield_mi.php gently swabbed inside the ear with a cotton swab, (being careful never to drip the oil in or touch the eardrum).
- Then apply Celebration Essential Oil Blend http://www.drfostersessentials.com/store/CelebrationEssentialOilBlend_mi.php around the ears on the outside of them.
I've seen this work wonders for ear infections.

Lungs:

Garlic and onions are absolutely the best for lungs.

I know they don't smell great, but it's much better than ending up in the emergency room or in the hospital with pneumonia. Take some Peppermint Essential Oil http://www.drfostersessentials.com/store/PeppermintEssentialOil_mi.php afterwards. It's not so bad. Have your loved ones eat garlic, too. You'll all stay well over the holidays.

- I have never been so impressed with a formula as much as I have with Germ Blaster http://www.drfostersessentials.com/store/GermBlaster_mi.php. Take it at the very first sign of a cold and many people knock it out in as little as an hour.
- If you know you're one of those people who gets colder more easily than others, then start taking a little cayenne or ginger every day to help warm your system.
- And if you get into trouble with a bad infection and can't seem to kick it, do a juice fast for a couple of days. This usually knocks it out. I know, it's a scary thought, going to all liquids when you're sick. If you can't do all juices, make broths, liquid soups and take them warm.
- Juicing + garlic = quick recovery. Throw some fresh lemon juice in for good measure - lemon is an amazing mucus-fighter.

So, the key here especially during cold weather, is WARMTH, WARMTH, WARMTH. Stay warm, wrap a scarf around your neck, drink warm liquids, sprinkle a little cayenne or ginger powder in your socks if you're out in the cold for long periods of time.

Moral of the story: Don't kill your good bacteria with antibiotics unless you absolutely have to. That means try all of the natural stuff first. The studies show that bacteria, viruses and fungi do not become resistant to herbs and essential oils. That means herbs can work even if the virus is mutating or the bacteria develops a thicker wall. That simple fact should make everyone jump up and shout for joy. Make your good bacteria and your herbs go to work for you, killing off infections before it ever gets serious.

And to help out, especially now, we have a great Cold and Flu Package

http://www.drfostersessentials.com/store/ColdFluD_hp.php

on sale at a 12% discount (and some other product discounts as well), so you can get everything you need to protect yourself against infections during the fall and winter months.

Antibiotics are only good for bacteria.

Lots of people get viral, bacterial and fungal infections during this time, so isn't it great that herbs can cover you for all of them simultaneously and for such a small amount of money?

You can inform yourself even more about cold and flu season by reading the following article: Cold and Flu Season: What You Need to Know:

http://www.drfostersessentials.com/store/Cold_Flu_Season.php

Check out the sale section here:

Sales and Specials:

<http://www.drfostersessentials.com/store/products.php#new>

I've even put Detox Chai Spice

http://www.drfostersessentials.com/store/DetoxChaiSpice_mi.php

on sale to help drive home the importance of drinking warm herbal tea during the cold months.

And lastly, we ended up with a very strong AntiViral Herbal Formula

http://www.drfostersessentials.com/store/AntiViral_Herbal_Formula_mi.php

Went a little crazy and put a little too much oregano oil in there.

It goes down a little rough unless you take it with soy milk, nut milk, rice milk, raw goat's milk, tablespoon of honey or olive oil. As long as you take it that way, it's fine. It just needs an oil base to help it go down easier.

So, I just marked it down a whopping 20%.

Boy, are you guys going to kill germs with this one!

A friend of mine who'd been sick and stayed away for 2 weeks came over yesterday and I gave him a dose of the AntiViral Herbal Formula. He thought he was going to be all manly and just take it straight. He started swishing it around his mouth – against my recommendations. Well, he made a face that I've never seen before, and I started

laughing and asked him if he needed a chaser. He took a couple of ounces of chaser and that eased it down and he breathed a sigh of relief. But, he said he could feel it working immediately and he wanted to know if he could take the bottle home with him so he could kick that virus' butt.

Stay well and stay warm!

Warm wishes,

Cynthia Foster, MD

www.drfostersessentials.com

P.S. We've had so many people have success with taking Adrenal Support and Immune Valor we're now making those 10% if you buy six of them.

These are especially good formulas for chronic weakness, weak immune system, autoimmune disorders, hormonal difficulties or chronic fatigue.

P.P.S. Please let us know if you're having any problems signing onto the Discussion Board. Most of these issues are due to people's antivirus software programs that block cookies, or browser security settings, which also blocks out the cookies that are needed to sign in.

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