

INFECTION

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My Infection Testimony

By Dara Dietz

I have received numerous phone calls and emails from members with serious infections who are searching for a Natural Healthy way of cleansing their bodies from these unwanted invaders. It is becoming apparent that the antibiotics we have used for years are no longer working. Their only job is to suppress the symptoms, thus sending the infection deeper into the body.

Those who have used antibiotics to (heal) suppress the symptoms of infection; only to have the symptoms return shortly after the drugs are stopped, will understand this symptom merry-go-round. I have found a way off that ride for myself.



I have had to contend with frequent kidney infections since I was a teenager.

Early on I would get a couple of infections a year. By my early 20's I had progressed to seasonal bouts with infections. Over the next ten years they continued to be more and more frequent until I was spending more days using antibiotics than not. If I was not on a current proscriptioin for infection I was fighting the backache and bladder discomfort that usually preceded a full-blown infection.

In 1996 we moved from California to New York where I was introduced to Natural Healing.

A friend at the campus my husband was working on suggested I use some dry herbs instead of running off to the emergency room for another prescription. I had lost my medical insurance and was willing to try anything that promised to save us the cost of the emergency room and expensive prescriptions.

My symptoms cleared quickly, leaving me amazed that something so simple could be so effective. It was almost three months before the infection tried to return, but this time I knew what to do and headed it off with the herbs I'd used before. Over the next two years I felt like I was on the edge of an infection several times but the dry herb mix managed to clear my symptoms, keeping me out of the Emergency Room and off those expensive medications.

In 1998 I was introduced to Dr. Schulze's incurables program and



Dandelion



Cayenne



Garlic



Ginger Root



Horseradish



Goldenseal

herbal extracts.

My experience with the extracts convinced me that the concentrated power in these liquids was far more effective than the dry herb capsules I'd been swallowing. With this new understanding I quickly developed my first batch of Herbal Antibiotic. I'd learned a few things about herbs that moved blood and those that fight infections so with only three additions (Cayenne, Ginger, Horseradish) I developed what I proceeded to call my Herbal Antibiotic Formula.

Once I began using this potent extract for the infection looming just below the surface I felt a powerful difference. The infection cleared and did not reappear for nearly a year. Now I can say I'm infection free. At the writing of this article it's been nearly a decade since my last kidney infection.

We have gone on to use this powerful formula to clear infections of all types from the body. These herbs have never failed to do the work God intended they do.

The main ingredient of this formula is fresh garlic, added to that is Dandelion Root and Goldenseal.

These three herbs are masters in clearing infection from the body.

The Ginger, Cayenne and horseradish move blood.

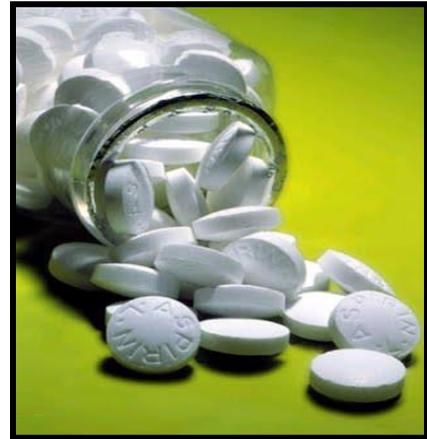
If you don't get the infection fighters to the site of the infection they will prove to be ineffective.

In this information sheet I have provided several suggestions for dealing with a variety of common infections. If you still have questions or don't know how to apply the protocols to your personal condition, feel free to email or call H.E.A.L. Marketplace for more information.

DRUG THERAPY Excerpt from article by Dr. Robbins, *Health Through Nutrition*

If you have a headache, the doctor prescribes aspirin. The headache disappears and everyone is happy. No one ever asked the question, "What caused the headache?" Based on the treatment prescribed and the resultant "cure", we can conclude that the headache was caused by an "aspirin deficiency".

However, a little research will tell us that aspirin is composed of salicylic acid - an absolute poison to the body, thus an "aspirin deficiency" is out of the question. In fact, any drug on the market, we will find, is composed of chemical toxins, which are poisonous to humans. How then can drugs alleviate symptoms, cure ills, wipe out disease and generally make us feel better if they are poisonous?



To understand how drugs "cure" symptoms, let us look a little deeper into how aspirin takes away a pain.

Did you know that aspirin will relieve any pain in the body, whether it be a headache or a toe ache? The only exception to this is stomach pain. Aspirin will not help stomach pain. Ask the pharmacist how aspirin works, he will tell you that it has some sort of numbing effect over the entire body, so regardless of where the pain is, it is relieved.

But isn't the stomach part of the body? Why doesn't aspirin take care of stomach pain? He will reply that this is one of the great mysteries of aspirin.

Let's say you are out on the farm hunting and you get a thorn in your finger. It is quite sore, so you decide to head back to your truck to get some tweezers to take care of the problem. As you pass through the barnyard you step on a nail. Do you still feel the pain of the thorn in your finger; in fact do you even remember it is there? Was it suddenly cured when you stepped on the nail? No, not at all. Then why is the thorn no longer a concern? Simply because your body now has a higher priority - something more life threatening to worry about - the nail in the foot.



Then as you are passing through the barbed wire fence to finally reach your truck, you shoot your toe off with the shotgun (the other foot of course). Are you now aware of the thorn? No. How about the hole in your foot from the rusty nail. I don't think so. Why not? Once again the body shifted its focus to the most life-threatening situation. There is only x amount of energy in the body. If we create a crisis in one part of the body, energy must be "borrowed" from other parts of the body to cope with the crisis.

Every aspirin (buffered or not) causes a teaspoon worth of bleeding in the stomach.

If you have a headache, which is generally caused by toxic blood from something we've eaten which is harmful to us, and you take an aspirin causing internal bleeding, which do you think would be more life threatening? In most cases the internal bleeding. The body must now shift its attention to the higher priority problem (stomach), and the headache disappears. Did the aspirin remove the toxins from the blood stream? Not at all, just created a more life-threatening situation.

If the aspirin does not take away the headache, it simply means that the internal bleeding is not more life threatening than the toxic blood. So now take six aspirin, and a more life threatening situation will take place in the stomach and the headache dissipates.

Why doesn't aspirin take care of stomach pain?

If you have stomach pain then your body's attention is already focused on the stomach. Additional stress there will not force the body to shift its attention elsewhere in the body. Tylenol, however, will alleviate stomach pain because it plays havoc with the liver, causing the body to move its attention from stomach to liver.

Thus all drugs produce symptomatic relief without actually removing the cause.

A drug "cures" your complaint by creating a disease of its own.

If the poison of the drug, whatever drug you want to name, is more life threatening to the body than the symptom for which you took the drug (or the doctor's prescription for such), then your symptoms will disappear. If the drug is not more life threatening, then it will not produce symptomatic relief and the doctor will prescribe a stronger, more poisonous, more life threatening drug. Now the body will be forced to focus on the drug so that the drug literally doesn't kill the body. You become symptom free.

Yet the cause of the disease was not eliminated, and true healing did not take place. Since there is no such thing as a drug deficiency, the body simply put the disease process on hold to eliminate the drug. How many children do you

know that take antibiotics for infections? The antibiotic stops the symptoms. As soon as the antibiotic is stopped, the infection returns.

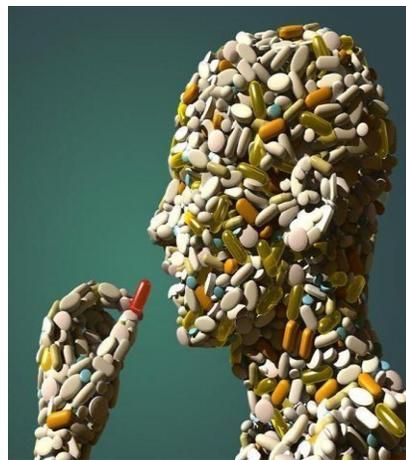
It is because the antibiotic does not kill the infection, rather the antibiotic is so toxic to the liver and rest of the body, that the body must wall off, or put on "hold" the infective process to deal with the drug before it kills the body. Once the drug is dealt with, the body will, as soon as it has built up adequate nutrients and energies, resume the cleansing process via the infection. If the taking of the antibiotic was so devitalizing to the body, lowering its frequency, the infection may not return, only a more serious chronic disease at a later date.

One of the great laws of nature is the law of cause and effect.

We do not gain anything without working for it. Diseases are not "caught", they are earned by not taking care of our bodies. How then can we not stop doing the wrong that made us sick, take a drug and get well? It is the same as the drunk saying, "Sober me up with a pill, but let me keep drinking". This is impossible to do. Disease is no exception.

When an anesthetic is administered to knock one out for surgery, the same principle applies. The anesthetic is so poisonous to the body that the body must put itself to sleep to free up the tremendous amount of energy that is used for consciousness. This energy is then utilized to eliminate the toxic anesthetic from the body before it causes death.

Why do you think people are so sick and groggy after surgery? Why do something like 2% of people who undergo surgery die from the anesthetic if it weren't a poison? Different drugs rob energy from different parts of the body, thus they have various effects or "cure" different symptoms.



The bottom line is that they rob energy from the body and change the body's priorities to focus on the drug - a more life threatening situation - and the cause is not eliminated. We are actually still sick, just as some must stay on drugs a lifetime to stay symptom free, constantly increasing the dose as they become sicker and sicker. Others are "cured" by the drug and can stop taking it, only to face another more serious disease down the road. If we would just listen to the body when we become ill, and let the illness tell us our symptoms are due to something wrong (wrong diet or life style), and stop doing it, then the illness as well as the need for drugs would be eliminated and a more healthy life would result.

Side-Effects

"Side-effects" which often result when drugs are administered are the body's effort at eliminating the drug. ie: breaking out in a skin rash - body pushing drug out through skin, getting drowsy - body conserving conscious energy in order to stay alive while eliminating the drug.

The Logic of Drug Therapy

Drug therapy defies all logic when we consider that any drug administered to a healthy person will make him sick, and yet the doctor prescribes these very poisons to a sick person and expects him to get well. How can a body be poisoned back to health?

Suggestions for Treating Infection

Now the questions are raised, what does Natural Healing have to offer that will heal infection instead of suppressing the symptoms and pushing the infection deeper into the body? I have found a simple but aggressive method for treating infections of all types. The foundational infection program is the same regardless of the location or type of infection. You have to be aggressive; an infection should always be taken Very seriously. Here is a suggestion that can keep you away from drugs and free from worry in the future.

The following natural healing suggestions have been used to clear everything from the common cold to major life threatening infections. Below are several excellent suggestions starting with a simple infection program for minor infections then advancing up to major infection work for life threatening issues.

Suggestion for clearing **Long Term Infections** from the body: Do the Basic Infection Program with an occasional liver flush (ELF). **An example** of a long term infection would be someone who has repeatedly used proscribed Antibiotics to clear a recurring infection from the system.

Basic Infection Program:

- Use the Herbal Antibiotic or Infection formula every three waking hours
- Use 1 ounce Echinacea Once a day for each day you are doing any infection work
- Do Garlic Paste to the feet as needed. [See Video in Members area for details](#)

Moderate Infection Program:

- Use 1 Teaspoon Herbal Antibiotic and or Infection Formula every 2 waking hours. If desired you may trade between the Infection and Herbal Antibiotic every two hours. **Example:** at 2pm use 1 tsp. Herbal Antibiotic; 4 pm 1 tsp. Infection Formula; 6 pm 1 tsp. Herbal Antibiotic; 8 pm 1 tsp. infection formula; ect...
- Use 1 ounce Echinacea once a day for each day you are doing any infection work
- Do Garlic Paste to the feet as needed. [See Video in Members area for details](#)
- Do an ELF Every 4 days until infection is cleared. [See Video How to do an ELF](#)

Intense Infection Program:

- Use 1 tsp. Infection or Herbal Antibiotic each hour, switching between the two formulas. Example: 1 pm use Herbal Antibiotic; 2 pm use Infection Formula; 3 pm use Herbal Antibiotic; ect...
- Use 1 ounce Echinacea Once or twice a day for Each Day you are doing the infection Program
- Do Garlic Paste to feet as needed, [See Video in Members area for details](#)
- Do An ELF Each Night for 5 (Five) night in a row. [See Video How to do an ELF](#)

NOTE: The amount of the two infection formulas can be doubled if needed.

Foundational Program for infections:

Echinacea:

Consume 1 oz a day, 4 days a week, (Mon-Thu) until infection is cleared. Average time to heal an infection is between 2 weeks and 3 months. (If you have used proscribed antibiotics for infection symptoms in the past the healing time could be as long as 3 months.)



1 oz Echinacea
With large Mug



Add Echinacea
To Mug



Bring Water To
Rolling Boil



Slowly Pour
Over Echinacea

Basic Program: Herbal Antibiotic or Infection Formula

1 tsp., every 3 waking hours, which is 5 times a day (3 o'clock; 6 o'clock; 9 o'clock & 12 o'clock)



Make Tea with
Herbal Extracts



Add Extract
to Mug



Add Hot
Water



Add Honey
if Needed



Make Hot Water in
Electric Coffee Pot

Superfood:

Nutrition is very important; the body needs nutrition to build the immune system which will rid the body of infection.

Bowel Cleansing Routines:

Make sure your bowels are working. You want the waste moved out of the body not recycled back into the tissues.

The Infection Poultice is very effective.

The Charcoal/ Flax Seed Poultice will pull infection, boils, ECT... right out of the body. This is also excellent for Ear Infections in children. It is a very simple poultice, but, nonetheless, very effective. The charcoal and flaxseed are powerful agents to pull the infection out of the body.

You will need:

1-cup water

4 tablespoonfuls charcoal powder

4 tablespoonfuls flaxseed [freshly ground]

**Do not reuse or reheat this poultice.*

1) Add all ingredients to small pan on stove, mix with a whisk to blend.

Heat to a boil. It should thicken to a black mix of goopy goop.

2) Remove from heat and spread still hot mixture on piece of cotton material.

Fold material over black goop and close with a piece of tape or safety pin.

3) Allow to cool just enough so as not to cause discomfort when placed on the body. Place over infected area while still quite warm. Secure with ace bandage or other material. Leave on at least 4 hours or overnight. The heat will open the pores allowing the infection to be drawn out.



Items Needed to Make Poultice



Grind Flax Seed in Blender or coffee Grinder



Whisk Charcoal & Flax with 1 Cup water



Until water is absorbed



Spread Black Goop on Cotton Material



Fold edges to make a pouch or pocket



Place Poultice over affected area while still quite hot.

Garlic Paste

Items you will need:

1. Jar Vaseline
2. Olive Oil
3. 12 large peeled Garlic cloves
4. bowl to mix paste in
5. Two-inch gauze, or torn white cotton strips
6. Plastic Wrap to place under the feet while applying paste

For Respiratory infections or Pneumonia use a Garlic Paste mix on the feet. I have seen miracles happen when the Garlic paste is applied for Pneumonia, the lungs have cleared overnight. It is a simple but Powerful healing tool for any infection.

Prepare the garlic paste as directed below:

- ✓ To prepare the garlic paste you will need between 6 and 12 cloves of garlic (depending on the area you will be covering).
- ✓ Once the garlic is peeled you can press it through a garlic press or finely grate or chop it into very small bits.
- ✓ Now blend into an equal part of Vaseline (petrolatum).
- ✓ Your paste should be 50% Garlic & 50% Vaseline.

Note: The low vibration Vaseline will not be absorbed into the skin, as will anhydrous lanolin or vitamin and ointment. The Vaseline holds the garlic in suspension where the high vibration ointments would be absorbed and leave the garlic exposed to the bare skin to thus blister it.

Before applying the garlic paste, the feet, from the ankles down, must be thoroughly massaged with olive oil. Allow as much of this oil to be absorbed into the skin as possible, covering the sole, sides and entire foot area. After the oiling is accomplished, the next step is to apply a layer of plain Vaseline over the entire foot. This will act as a protective barrier beyond what the olive oil is able to do to keep the feet from coming into contact with the garlic paste.

Now use about one-half inch thick or more of the garlic paste and spread it over the entire sole of the foot. Do not allow the paste to get up the sides or on top of the foot - only on the sole! The garlic will, by being applied to the soles of the feet, disperse its oxygen-carrying power (the breath of life) throughout the body for healing.

Use two-inch gauze, or torn white cotton strips as a bandage to hold the garlic paste on the sole of the foot. When this is in place, gently pull over the foot and bandage a large cotton or wool white sock, to aid in holding it on.



Press Garlic



Add Vaseline



Mix Together



Massage Olive Oil



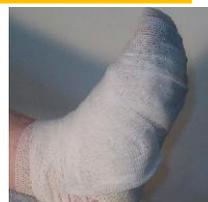
Plain Vaseline



Apply Paste



Wrap with...



...Gauze



Slip on Sock

Flu Buster-Cold & Flu Remedy:

2 oz Echinacea; 2 oz Supertonic combined in 64 oz Distilled Water. Drink entire amount in one day.

(Not at one setting but in one day)This can be repeated for two or three days as needed to clear symptoms of the flu.

There are several things to consider when you are fighting infection.

Firstly, can the infection be drawn out or benefited by a topical application of herbs or hydro therapies? Likely candidates for this type of treatment are boils, infected wounds, swollen lymph nodes, sore throat.

Example: Several years ago I happen to meet a woman who was scheduled to have her big toe amputated the very next day. An infection had developed with the removal of an ingrown toenail several weeks earlier. No amount of doctor prescribed antibiotics had been able to knock down the infection, leaving the doctors with only one choice; they would have to amputate the toe. After hearing her story I offered to make her an infection poultice which was applied to her entire foot and left on all night long. She stopped by the next morning to show me her miracle cure and tell me she planned to no show her operation. The infection was completely cleared. The blue veins that had been running up her leg were gone as was any redness or tenderness around the toe.

Example: Several of our older ministers have asked if there is anything that can be done to support their failing voices. They still have so much to say but their voices will no longer go the distance. I suggested an application of the ice poultice to the throat, followed by a cup of hot herbal antibiotic tea with honey. The results were huge; the older ministers were able to speak with a clear strong voice for a good hour or two.

GANGRENE (Mortification) by Dr. Christopher:

Symptoms:

Mortification or death to a part of the body due to interference with and failure of the local blood supply. The moist type gangrene begins with inflammation, with the dying or dead tissues becoming bluish or black. The dry gangrene results from contracted arterioles where circulation is poor, and it begins with yellow or black spotting in the tissue.

Cause:

Gangrene is the advanced condition of blood poisoning.

Herbal aids:

This condition will never happen to a person who has good blood circulation and whose blood has been cleansed. Soak the afflicted area with marshmallow root tea, covering the area with tea as hot as the patient can take and leave it there for long periods of time. Soaking works faster than the poultice or the tea, but drinking the tea along with the soaking will speed the action. Plantain used as a poultice is also excellent. Pain in the infected part can be relieved by adding a small amount of lobelia. Be sure that the bowels move properly by cleansing them with the lower bowel tonic.

Teeth & Gum Infections

Tooth ache:

Use a Q-tip to apply the Tooth & Gum Formula right to the affected area. This application will usually bring instant relief to the throbbing infected or inflamed tooth.

It is then a good idea to follow up with the basic infection program internally and one or both of the topical applications.

Topical Applications:

1) Make a paste using the Tooth Powder and the Tooth & Gum extract.

- ✓ Moisten a small amount of the Tooth Powder with several drops of the Tooth & Gum Formula.
- ✓ Place your paste on small piece cotton gauze or light cotton material. Roll into a 1 to 2 inch thin log that will easily fit between your cheek and gum over affected area.
- ✓ Moisten entire roll with a few additional drops of tooth & gum formula
- ✓ Place between cheek & gum over affected tooth.
- ✓ Leave in place 3 or 4 hours or overnight.



2) Make Charcoal/ Flax Seed Infection Poultice as explained on page 6.

- ✓ Position **Hot (don't burn yourself)** infection Poultice on Cheek over affected area.
- ✓ Top with plastic wrap and wash cloth. (This will keep it hot longer)
- ✓ To hold poultice over cheek area, use a pair of panty hose.
 - ❖ Slip waste of panty hose around hair like a shower cap.
 - ❖ Wrap legs over poultice and tie under neck or on top of head. This will secure poultice to cheek or chin area.
- ✓ Leave on 4 to 6 hours or all night long.



Sore Throat & Laryngitis

Begin Foundational Programs for Infection as explained on page 5.

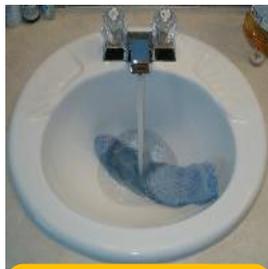
Topical Application:

The Ice Poultice described below can bring relief in as little as 45 minutes.



Items Needed:

- ✓ Wash Cloth
- ✓ Hand towel
- ✓ Safety Pen



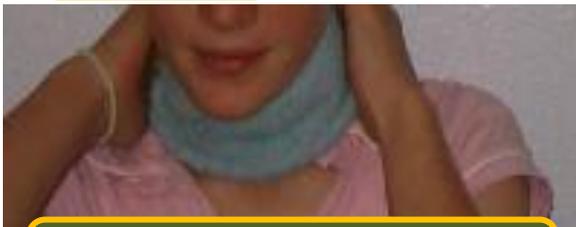
Wet Wash Cloth



Fold Wet Cloth to fit around neck.



Place in Freezer until frozen solid About 20 minutes



Place Ice Poultice snugly around Neck.



Cover with hand towel and secure with Safety Pen.

Leave poultice in place until warmed. This takes about 45 minutes. No drinking or eating during procedure.

Stopping the Pain of a Bladder Infection:

To stop the burning pain and sense of urgency associated with a bladder infection we suggest the following. I have personally never seen this fail to bring relief.

- ✓ Consume 1 oz of the Bladder Comfort Formula in 32 oz water. Drink all at once or as quickly as possible.
- ✓ It will take about 45 minutes for the formula to reach the bladder. At that time it will stop the pain and discomfort by neutralizing the acid condition of the bladder. It is now possible to urinate without pain.
- ✓ Begin the foundational infection programs explained on page 5 to clear the infection from the area.

Our Two Infection Fighters



HEAL has two general infection fighting formulas, the Herbal Antibiotic, and Infection Formula. The question keeps arising on how to use them. I hope to address this today and provide a few tools for understanding how to fight infection naturally.

Definition

Infection: The invasion and multiplication of microorganisms such as bacteria, viruses, and parasites that are not normally present within the body. An infection may cause no symptoms and be subclinical, or it may cause symptoms and be clinically apparent. An infection may remain localized, or it may spread through the blood or lymphatic vessels to become systemic (bodywide). Micro-

organisms that live naturally in the body are not considered infections. For example, bacteria that normally live within the mouth and intestine are not infections.

An infection is a serious condition that if left unchecked can be fatal. Any infection of the body needs to be handled aggressively and cleared as quickly as possible.

Herbal Antibiotic

Formula: Garlic, Dandelion, Goldenseal, Cayenne, Ginger, Horseradish
This formula is all about the Garlic.

Garlic kills germs!!! In 1944, chemist C. Cavallito identified the stinky compound in garlic, called allicin, and demonstrated that it was a highly effective antibiotic. Other tests have confirmed that garlic is an even more powerful germ-killer than either penicillin or tetracycline. The list of microbes that garlic can slay includes botulism, tuberculosis, diarrhea, staph, dysentery, pneumonia, sepsis and typhoid. Reports list 72 separate bugs garlic can bump off; bacteria, yeast, fungus, parasites and protozoa all yield to garlic.



The most significant recent discovery is that garlic also kills viruses.

Using the Herbal Antibiotic at the first sign of a cold or flu will in most cases prevent the onset of symptoms. I have found when I begin to get that all over achy feeling or a scratchy feeling in the back of my throat I can prevent the viruses from getting a foot hold in my body if I will start using 1 teaspoon of Herbal Antibiotic in a cup of hot water with honey. I will keep my cup full and sip on this all day long. Normally I'm on top of my symptoms in about 24 hours.

Dr. North's data shows garlic extract kills with near 100 percent effectiveness; human rhinovirus which causes colds, parainfluenza3, a common flu and respiratory virus, herpes simplex1, which causes fever blisters, herpes simplex2 responsible for genital herpes. In addition, garlic has killed the polio virus with 90 percent effectiveness and proven capable of tackling the deadly HIV virus.

The Herbal Antibiotic has been used effectively to clear nearly every type of infections. I have always been disappointed and frustrated with how poorly it deals with teeth & gum infections.

For the basic Infection program download our Infection Information sheet:

Infection Formula



Ingredients: Plantain, Black Walnut, Goldenseal root, Bugle Weed, Marshmallow Root, Lobelia
This formula is all about Plantain.

Plantain is known as an alternative herb, cleaning the blood and the eliminative tissues and organs. Alternative herbs gradually alter and correct impurities and toxins within the blood. Therefore plantain is beneficial for the liver, kidneys and skin.

Plantain has a stimulating alterative effect on the circulatory system.

It is one of the best herbs for blood detoxification, especially where blood poisoning or bites and stings are present as plantain reduces the swelling as well as healing the affected area.

Plantain is also beneficial for kidney and bladder complaints as well as for any skin condition.

Plantain is therefore one of the most efficient herbs for fighting infection and can also be used as a poultice to draw out infection.

Good for:

- Detoxification and improving the quality of the blood
- Stimulating and detoxifying the circulatory system
- Teeth & Gum infections
- Blood poisoning, bites and stings
- Fighting infection
- Kidney and bladder complaints
- Ongoing skin conditions
- As a poultice for drawing toxins and infection from the body

Uses and Examples



Our **Infection Salve** has been used to clear strep from the skin. It is extremely effective on any skin infection including the more serious ones. The salve is also an excellent aid for wasp or bee

