

Foods for infection prevention & treatment

Description

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Foods: What foods help prevent & treat viral & bacterial infections in studies & practice

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Viral & bacterial

Elderberry 12 oz juice (w/ zinc), cut with 12 oz water & a little honey, 3 days all infections in studies

Only 10 hours if add zinc for viral

Seaweed or iodine (lorinse or other elemental iodine)

Garlic & leeks (onions also alum)

Coconut oil (lauric acid becomes monolaurin)

Oregano (also in Italian seasonings)

Antibacterial

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Green leaf stevia (tastes like sweet lettuce with cooked vegetables)

Black seed oil

Honey (raw & organic)

Taro

Stinging nettle

Heat treatment

Hair dryer or steam sixty seconds slow warmup into mouth & nose, 5 minutes highest comfortable heat, every eight hours four treatments no symptoms at 30 hours for respiratory illnesses. Staying out of cold drafts allows 90% drop in most symptoms relief after first treatment. If conductive heater sit a comfortable distance as long as possible.

Elderberry

Does elderberry stop all infections in three days as reported in medical journal studies & with over half a dozen farmers I know who grow it?

Does it stop viral respiratory infections in 10 hours if 60-100mg zinc is added

Iodine

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Does iodine mouth rinse for 30 seconds, then gargle 30 seconds, then spray in the base of nose, & breathing in the vapors for a couple minutes every half hour stop infections within 2 hours?

Is dental molecular iodine (like Iorinse) so much safer that most dentists have been using it for years at 500x stronger than the very effective 0.5% povidine iodine (used in the below studies)?

Hydrogen peroxide

Is (food grade best) hydrogen peroxide mouth rinse, gargle, nose spray & vapor breathing next most effective after iodine?

Honey

Does honey stop coughs, induce sleep, reduce upper respiratory tract infections, & treat burns & wound infections?

Green leaf stevia

Is green leaf stevia (tasty in cooked vegetable dishes or put in capsules) more effective than a triple antibiotic combination against lyme disease?

Combination

Does using all these foods in combination prevent & at higher amounts treat almost all infectious diseases?

Elderberry

Elderberry is a fruit in the blueberry family that is cooked & served as juice or the flower is used in capsules. A 12 oz of juice (I usually add 12 oz water) is delicious and appears to stop all bacterial & viral infection symptoms in three days, same as over half a dozen farmers I know reported when growing & storing it for when they have respiratory infection symptoms. It's the only thing they take

when sick, one family for four generations.

Elderberry makes zinc many times more effective than taking zinc alone (a zinc ionophore). A 12 oz elderberry drink, or 1g or more of concentrated elderberry and 60 -100mg zinc appears to stop viral symptoms in 10 hours. I've had dozens of people recover overnight taking elderberry & zinc with no symptoms in the morning & full recovery of energy.

Elderberry is an antiviral

Elderberry juice, extracts, & powder appear to work against viral infections and stimulate the immune system. Elderberry speeds recovery from multiple types of viral infections significantly.

[Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract \(Sambucus nigra L.\) during an outbreak of influenza B Panama 10.1089/acm.1995.1.361](#)

[Randomized study of the efficacy and safety of oral elderberry extract in the treatment of influenza A and B virus infections.](#)

[**Elderberry flavonoids bind to and prevent H1N1 infection *in vitro* Neutralizing activity of SAMBUCOLÂ®**](#)

[Anti-Influenza Virus Effects of Elderberry Juice and Its Fractions](#)

ily of viruses.

[**Researchers find a new treatment for the common cold**](#)

[**Pilot Clinical Study on a Proprietary Elderberry Extract: Efficacy in Addressing Influenza Symptoms**](#)

<https://www.drugs.com/npp/elderberry.html>

[**Black elderberry \(Sambucus nigra\) supplementation effectively treats upper respiratory symptoms: A meta-analysis of randomized, controlled clinical trials**](#)

Elderberry is antibacterial as well

Elderberry extract not only works against multiple types of viral infections but gram positive and gram negative bacteria as well.

[Inhibitory activity of a standardized elderberry liquid extract](#) against clinically-relevant human respiratory bacterial pathogens and influenza A and B viruses

[Black elderberry \(Sambucus nigra\) supplementation effectively treats upper respiratory symptoms](#)

Iodine

Iodine is effective in seaweed as food to prevent deficiency & infections. In liquid form it is nearly 100% effective

against respiratory infections with mouth rinse then gargle, then nasal spray. Most studies just use mouth rinse or gargle or spray when all three are much more effective together.

Molecular iodine used as a mouth rinse when they start for clients by most dentists is so much safer than regular iodine dentists use it at 500x stronger- 100ppm elemental/molecular iodine vs 0.2ppm of elemental iodine in povidone.

Eggers M, Koburger-Janssen T, Eickmann M, Zorn J. In vitro bactericidal and virucidal efficacy of povidone-iodine gargle/mouthwash against respiratory and oral tract pathogens. Infect Dis Ther. 2018;7:249-259. doi: 10.1007/s40121-018-0200-7.

<https://www.oralhealthgroup.com/features/molecular-iodine-could-this-be-a-game-changer-for-dentistry/>

Efficacy of "Essential Iodine Drops" against Severe Acute Respiratory Syndrome-Coronavirus 2 (SARS-CoV-2)

Zoltan Kants

<https://doi.org/10.1371/journal.pone.0254341>

<https://www.physicsforceps.com/molecular-iodine-mouthwash>

Ader AW, Paul TL, Reinhardt W, Safran M, Pino SAM, McArthur, et al. Effect of mouth rinsing with two polyvinylpyrrolidone-iodine mixtures on iodine absorption and thyroid function. The Journal of Clinical Endocrinology & Metabolism. 1988; 66(3)

<https://www.dentistryiq.com/dentistry/article/14187476/molecular-iodine-as-a-new-frontline-defense-against-covid19-in-the-dental-office>

<https://drjessesantiano.com/>

Iodine deficiency drops IQ over 10 points

<https://pubmed.ncbi.nlm.nih.gov/15734706/>

Qian M, Wang D, Watkins WE, Gebski V, Yan YQ, Li M, Chen ZP. The effects of iodine on intelligence in children: a meta-analysis of studies conducted in China. Asia Pac J Clin Nutr. 2005;14(1):32-42. PMID: 15734706.

Honey

Honey appears to reduce upper respiratory tract infections, coughs, & (topically) wound infections & pain from burns.

<https://ebm.bmj.com/content/26/2/57>

Arch Med Res. Sep-Oct 2005;36(5):464-7.
Bactericidal activity of different honeys against pathogenic bacteria
Patricia E Lusby 1, Alexandra L Coombes, Jenny M Wilkinson

PMID: 16099322 DOI: 10.1016/j.arcmed.2005.03.038

J Altern Complement Med. 2010 Jul;16(7):787-93. doi: 10.1089/acm.2009.0311.
A comparison of the effect of honey, dextromethorphan, and diphenhydramine on nightly cough and sleep quality in children and their parents
Mahmood Noori Shadkam 1, Hassan Mozaffari-Khosravi, Mohammad Reza Mozayan
PMID: 20618098 DOI: 10.1089/acm.2009.0311

Green leaf stevia

Green leaf stevia is the older version that is available in powder form & appears to be better than a triple antibiotic against lyme disease, a gram negative bacterial infection

<https://draxe.com/health/stevia-kills-lyme-disease/>

<https://www.sciencedirect.com/science/article/abs/pii/S0924224420304593>

Coconut oil (monolaurin from lauric acid)

Half of coconut oil is lauric acid which our bodies make into monolaurin. Monolaurin has strong antiviral, antifungal, antibacterial (including against lyme disease & resistant infections) benefits. This site has most of the studies on monolaurin.

<https://www.monolaurinandmore.com/monolaurin-research>

Carpó BG, Verállo-Rowell VM, Kabara J. Novel antibacterial activity of monolaurin compared with conventional antibiotics against organisms from skin infections: an in vitro study. J Drugs Dermatol. 2007 Oct;6(10):991-8. PMID: 17966176. <https://www.monolaurinandmore.com/health-articles>
<https://en.m.wikipedia.org/wiki/Monolaurin>Widianingrum DC, Noviandi CT, Salasia SIO. Antibacterial and immunomodulator activities of virgin coconut oil (VCO) against Staphylococcus aureus. Heliyon. 2019;5(10):e02612. Published 2019 Oct 20. doi:10.1016/j.heliyon.2019.e02612Garlic & infections

Garlic appears to be a strong antibacterial, antifungal, antiprotozoal, and have some evidence against viral infections.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103721/>

Bayan L, Koulivand PH, Gorji A. Garlic: a review of potential therapeutic effects. Avicenna J Phytomed. 2014;4(1):1-14. Leeks & cancer, infection Gastroenterology

Leeks appear to reduce viral infections

Volume 141, Issue 1, July 2011, Pages 80-89

Consumption of Large Amounts of Allium Vegetables Reduces Risk for Gastric Cancer in a Meta-analysis

panel Yong Zhou, Wen Zhuang, Wen Hu, Guan Jian Liu, Tai Xiang Wu, Xiao Ting Wu, Department Tavakoli A, Monavari SH, Solaymani Mohammadi F, Kiani SJ, Armat S,

Farahmand M. Association between Epstein-Barr virus infection and gastric cancer: a systematic review and meta-analysis. BMC Cancer.

2020 Jun 1;20(1):493. doi: 10.1186/s12885-020-07013-x. PMID: 32487043; PMCID: PMC7268387. Oregano

Oregano (& especially in Italian seasonings) appears to reduce bacterial & viral infections

[Antiviral efficacy and mechanisms of action of oregano essential oil and its primary component carvacrol against murine norovirus](#) [10.1111/jam.12453](#)

[**https://www.healthline.com/nutrition/6-oregano-benefits#TOC_TITLE_HDR_6**](https://www.healthline.com/nutrition/6-oregano-benefits#TOC_TITLE_HDR_6)

Oregano oil is useful against strept throat infections.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6903721/>

Bauer BW, Gangadoo S, Bajagai YS, Van TTH, Moore RJ, Stanley D.

Oregano powder reduces Streptococcus and increases SCFA concentration in a mixed bacterial culture assay. PLoS One. 2019;14(12):e0216853.

Published 2019 Dec 10. doi:10.1371/journal.pone.0216853 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6182053/>

Lu M, Dai T, Murray CK, Wu MX. Bactericidal Property of Oregano Oil Against Multidrug-Resistant Clinical Isolates [published correction appears in Front Microbiol. 2021 Jul 12;12:713573]. Front Microbiol.

2018;9:2329. Published 2018 Oct 5. doi:10.3389/fmicb.2018.02329 Nettle & taro

<https://plantmedicines.org/antiviral-plant-lectins-viruses/?amp=1> A bunch more

<https://www.frontiersin.org/articles/10.3389/fphar.2020.586548/full> <https://c19early.com>

[Oregano Oil Benefits for Infections, Fungus & Even the Common Cold](#)

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[Outstanding Oregano: Benefits and Uses](#)

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Bromhexine (usually used to reduce lung mucus) vs viral infections

Depfenhart M, de Villiers D, Lemperle G, Meyer M, Di Somma S. Potential new treatment strategies for COVID-19: is there a role for bromhexine as add-on therapy? Intern Emerg Med. 2020 Aug;15(5):801-812. doi: 10.1007/s11739-020-02383-3. Epub 2020 May 26. PMID: 32458206; PMCID: PMC7249615.

Category

1. Uncategorized

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