

Infections- viral, bacterial, fungal, protozoal etc.

## Description

How to research

Use privacy foundation search engines like qwant.com, metager.org, swisscows.com, brave.search.com that avoid censoring medical information.

Search meta-analysis or review and the subject youâ€™re searching. Heavily weight positive information about low cost treatments as they are least likely to be influenced by monetary considerations. Look for websites that evaluate medications like citizen.org for the ones that cause early death & severe adverse effects.

Use combination supplement mixes as they have only 1/5th the side effects but a much more reliable main effect (like kava & valerian & chamomile etc. for anxiety in the day & sleep at night rather than just one alone). Use under the tongue for 2x greater speed, strength, longevity & lower adverse effects & cost. Use water based if you want to avoid alcohol in liquid tinctures.

All infections

Antiviral anti-infectives

Vitamin D3 for prevention (5k/125mcg under tongue daily or 50k/1.25mg weekly to get to 75ng/ml or above) appears to reduce viral infections by 90%. Works against bacterial infections at a weaker rate & body will deplete vitamin D3 to low levels to fight the bacterial infection

Elderberry 10oz juice w/50-100mg zinc

Iodine, especially molecular at up to 500x stronger 30 second mouth rinse or gum & teeth brush, 30 second gargle, nasal spray or vapors for five minutes or nebulization for 30 minutes

Hydrogen, especially food grade 30 second mouth rinse or gum & teeth brush, 30 second gargle, nasal spray or vapors for five minutes or nebulization for 30 minutes

Lecithin liposomal vitamin C 500mg capsule (especially under the tongue) every half hour

People are taking

Vitamin D3 appears to stop symptoms of many diseases including viral infections

Getting vitamin D3 levels above 75 ng/ml appears to reduce viral infections by 90%, many cancers by 80%, doctors visits by 75 % (from 4 to 1 per year), & increase lifespan more than anything else tested in a 47 year study on longevity.

High vitamin D3 levels reduce but may not eliminate bacterial infections.

During bacterial infections vitamin D3 levels may plummet to fight the bacterial infection, & when the body's immune activation goes back to normal at the end of the bacterial infection the temporary low vitamin D3 levels may increase vulnerability to hidden virus reactivation including cold sores, herpes, shingles, cytomegalovirus (mononucleosis), Epstein Barr, & monkey & mouse retroviruses (fibromyalgia & chronic fatigue).

Getting blood levels to over 150 ng/ml appears to reduce autoimmune disorders by 95% (including MS). Up to 2/3rds of people with autism may increase their happiness in social situations, reduce their depression & anxiety, & reduce their sensory processing problems as 2/3rds of people with autism on autopsy in one study had the same autoimmune attack markers in their brain as people with MS. The autoimmune appears to be triggered by some foods, medications, & supplements. VitD3 levels above 150ng/ml may be even more effective than just a meat only diet as it mitigates sensitivity to being around cooked foods that can trigger the autoimmune response.

125mcg/5K IU of vitD3 daily or 1.25mg/50K weekly under the tongue (much faster, stronger, & longer than swallowing) may get people at 200lbs to 75 ng/ml (liquid vitD3 easiest).

625mcg/25K IU of vitD3 daily or close to 1.25mg/50K every day or other day under the tongue (cheapest is Nusapure or bulk powder at 7 cents or less per 1.25mg/50K )for two weeks may get people at 200lbs over 150ng/ml then maintenance at 375-500mcg/15-20K IU daily or 1.25mg/50K every 2nd or 3rd day as autoimmune symptoms don't return.

Dark leafy greens like organic kale have a lot less oxalates (cause stones & other problems) than spinach (arugula has the least) & 2x more nutrients than any other leafy green (50% more than spinach) and the magnesium, calcium, zinc, vitamin K1 which the body makes into K2 to make vitamin D3 far more effective (magnesium by 250%) & better at moving calcium to building bones & away from the arteries (vitamin K2 also in organic natto). A sustained release vitamin B methyl complex makes high dose vitamin D3 far more effective and safe as well.

[alienherbalist.com/vitamin-d3](http://alienherbalist.com/vitamin-d3)

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 in meta-analysis of all studies, 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 respiratory 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. It seems to work within 2 hours for cold sores, of which shingles is the same family. It should work on herpes, shingles, cytomegalovirus (mononucleosis), Epstein Barr, & monkey & mouse retroviruses (fibromyalgia & chronic fatigue). 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.](#) <http://10.0.4.153/147323000403200205>

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

<https://doi.org/10.1016/j.phytochem.2009.06.003>

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

<http://10.0.4.247/bbb.120112>

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

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

<https://www.semanticscholar.org/paper/Pilot-Clinical-Study-on-a-Proprietary-Elderberry-:/367d1c92716b6be462f26dbfe6c223863dc78464>

<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\*\*](#)

<http://10.0.3.248/j.ctim.2018.12.004>

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 to end symptoms by three days.

[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 for respiratory, topical & internal viral & bacterial infections (is in seaweed)

Iodine appears to stop symptoms of viral infections. The safest version may be molecular/elemental iodine (like lorinse) which is so much safer than povidine/Betadine that the vast majority of dentists now use it at 500X stronger molecular level than povidine/Betadine- 100ppm instead of povidine/Betadine at 0.2ppm molecular/elemental iodine.

30 second mouth rinse then 30 second gargle done every 30 minutes appears to stop symptoms of viral respiratory infections within a couple hours.

Lugol's iodine is a WHO essential medicine & may be next best & much better for regular ingestion than povidine/Betadine.

Doctors who nebulize even povidine/Betadine for patients at even heavily watered down solutions report being able to reduce symptoms of almost all respiratory infections within a few hours if not after one 30 min treatment.

The vapors of a full or half full bottle of all versions of iodine appear to be stronger than nebulization treatment as breathing in the iodine vapors through the nose then the mouth alternatively for a few minutes (5) (while watching tv/videos for distraction) appears to almost immediately reduce fever, cough, weakness & other symptoms of viral or bacterial respiratory infections.

Next most effective appears to be spraying iodine into the nose both for prevention & treatment of respiratory infection symptoms. Spraying it into the nose while not breathing in (too irritating for most) every half hour as well as then mouth rinse 30 seconds then gargling 30 seconds & quickly works to stop respiratory infection symptoms.

Brushing gums then teeth with iodine (molecular/elemental like lorinse appears safest & strongest) for a week appears to stop hidden periodontal disease symptoms as well & significantly reducing inflammation, pain, cancer, heart attacks & dementia in people who had gum infections before treatment.

[alienherbalist.com/iodine](http://alienherbalist.com/iodine)

## Hydrogen peroxide for respiratory infections

Doctors who use nebulized peroxide for patients report it is almost as effective as iodine against respiratory infections.

Food grade peroxide may be best.

Like iodine, 30 second mouth rinse then 30 second gargle & spraying into the nose (without breathing in) appears to stop respiratory viral infection symptoms quickly, often within the hour.

The vapors of a full or half full bottle of peroxide appear to be stronger than nebulization treatment as breathing in the peroxide vapors through the nose then the mouth alternatively for a few minutes (5) (while watching tv/videos for distraction) appears to almost immediately reduce fever, cough, weakness & other symptoms of viral or bacterial respiratory infections.

Brushing gums then teeth with peroxide (food grade best) for a week appears to stop hidden periodontal disease & significantly reducing inflammation, pain, cancer, heart attacks & dementia in people who had gum infections before treatment. Then people usually gargle 30 seconds, then nasal spray.

## Lecithin liposomal vitamin C

Lecithin liposomal vitamin C appears to be 5x as effective as other vitamin C supplements in reducing viral infection symptoms. The lecithin liposomes get the vitamin C past the kidneys & into the all the cells at a much higher rate. Taking one 500mg capsule (especially under the tongue) every half hour appears to reduce viral infection symptoms within a few hours. Lecithin liposomal vitamin C appears to help against bacterial infections but not eliminate them by itself.

## Spirulina

Organic spirulina has EPA & DHA omega3 fatty acids so prized in fish oil in much higher concentration & quality & better price and appears to lower viral infection symptoms, improve cognition, mood, concentration, liver recovery, anger & aggression, inflammation, lead/mercury/arsenic/cadmium & other heavy metals below 50% (within a month depending on dosage). When taken with a vegetable the enzymes in the vegetable appear to help break it down & make it usable. The spirulina in fish oil also appears to be much more effective when taken with a vegetable. People usually take it daily even when not sick for all of its cognitive & physical benefits.

## Lecithin liposomal vitamin C

Lecithin is used in every cell wall in the body. Creating liposomes (fat bubbles) with lecithin appears to carry vitamin C into the cell at much higher levels than normal, up to 5-10x more effective than vitamin C alone.

Lecithin liposomal vitamin C is available online & also can be made with an ultrasound cleaner, vitamin C & lecithin.

Taking lecithin liposomal vitamin C at 1gram or more every half hour appears to stop most viral infections within a few hours. It appears to reduce but not always eliminate bacterial infections.

If bowel clearance is present (diarrhea), people usually wait until it subsides & cut the dose in half to determine the highest intake level that also avoids bowel clearance until viral symptoms are gone.

### Garlic & leeks

Garlic & leeks like onions are alliums & appear to help stop even severe viral & fungal infection symptoms.

Garlic needs to be crushed & set for over ten minutes before cooking for the most benefit.

### Turmeric & black pepper

Turmeric & black pepper (needed to enhance absorption of curcumin in turmeric) appear to reduce viral infection symptoms significantly as well as inflammation, pain, high blood sugar, dementia, & heart disease.

### Bacterial infections

#### Green leaf stevia

Green stevia (white hasn't been tested) tastes like a very sweet lettuce and was found to be more effective than a triple antibiotic against lyme disease infection and has been used successfully to stop Lyme disease symptoms.

Since Lyme disease has protective cysts & biofilm to make it one of the most difficult gram negative bacterial infections, green stevia may also treat other bacterial infections.

Lyme disease appears transmissible to other people living in the same home, so long acting Lyme disease appears to be reinfection by other household members carrying Lyme but not exhibiting severe symptoms. Treatment of the whole household appears to stop reinfection & “long acting” Lyme disease.

#### Probiotic mix

A varied (like 10) probiotic mix may be as effective as some antibiotics against internal bacterial infections, and replenish the good bacteria in the gut that antibiotics can indiscriminately kill. Probiotics taken with the last meal of the evening appear to last longer & stronger. As the probiotic fiber in the meal feeds the probiotics & not eating again helps to give them time to grow.

#### Black seed oil (nigella)

Black seed oil appears to work against bacterial infections topically & internally, including MRSA. It also appears to lower seizures & inflammation. diabetes, hypertension, opioid dependence, anxiety, arthritis, various infectious diseases, infertility, dyspepsia, asthma, allergic rhinitis. It may be used by over a billion people because Mohammad praised it vigorously in the Koran.

A meta-analysis of *Nigella sativa* in respiratory disorders

[doi.org/10.1016/B978-0-12-824462-3.00007-X](https://doi.org/10.1016/B978-0-12-824462-3.00007-X)

Emeka LB, Emeka PM, Khan TM. Antimicrobial activity of *Nigella sativa* L. seed oil against multi-drug resistant *Staphylococcus aureus* isolated from diabetic wounds. *Pak J Pharm Sci.* 2015 Nov;28(6):1985-90. PMID: 26639493.

Hannan A, Saleem S, Chaudhary S, Barkaat M, Arshad MU. Anti bacterial activity of *Nigella sativa* against clinical isolates of methicillin resistant *Staphylococcus aureus*. *J Ayub Med Coll Abbottabad.* 2008 Jul-Sep;20(3):72-4. PMID: 19610522.

[https://www.researchgate.net/figure/Effect-of-Black-seed-oil-on-S-aureus-control-70-black-seed-oil\\_fig1\\_283121405](https://www.researchgate.net/figure/Effect-of-Black-seed-oil-on-S-aureus-control-70-black-seed-oil_fig1_283121405)

<https://www.euphoricherbals.com/en-ca/blogs/news/benefits-of-nigella-seed>

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.

Oregano

Oregano spice (also in Italian seasonings) & oregano oil appear to work to stop internal, topical & throat bacterial infections.

Organic raw honey

Organic raw honey appears to help stop bacterial infections topically on wounds, pain from burns, and internally for throat & other infections as well as suppress coughs & aid sleep by turning off orexin, our wakefulness chemical.

Heat treatment for respiratory infections

Hair dryer or steam sixty seconds slow warmup into mouth & nose bringing it closer, 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. Watching tv while doing it helps prevent distraction/boredom.

If breathing problems with CV19-

An antihistamine (or possibly mast cell inhibitor like cromolyn) appears to stop the autoimmune lung reaction that lowers oxygen levels

Inhaled budesonide (a steroid)

Budesonide is useful in the autoimmune inflammation stage if an antihistamine isn't used to stop the lung problems immediately.

Inhaled budesonide in the treatment of early COVID-19 (STOIC): a phase 2, open-label, randomised controlled trial

Sanjay Ramakrishnan, MBBS, Dan V Nicolau Jr, PhD, Beverly Langford, RGN, Mahdi Mahdi, BSc, Helen Jeffers, RGN, Christine Mwasuku, PGDip et al.

Lancet Respir Med 2021 Published Online April 9, 2021 [https://doi.org/10.1016/S2213-2600\(21\)00160-0](https://doi.org/10.1016/S2213-2600(21)00160-0)

Geranium

Geranium may help against mouth thrush.

Common sumac

Common sumac may help sore throats & diarrhea.

## Category

1. Uncategorized

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biggs

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