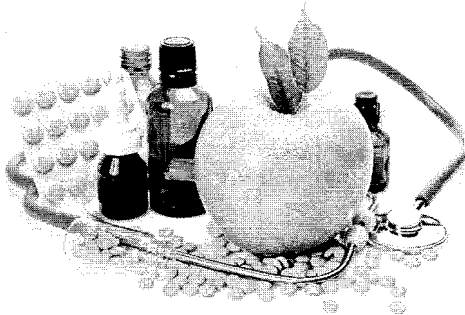


# Protect Your Health with Nature's Infection Fighters



Long before the discovery of antibiotics, people were successfully fighting infections with herbal remedies. Unfortunately, since the discovery of antibiotics, most people have abandoned traditional remedies in the belief that they don't work, or are simply less effective than modern drugs. The truth is that there is still a place for nature's infection fighters in this high-tech age. Here are four reasons why you should consider herbal remedies first when fighting an infection.

## Antibiotics Don't Work on Viral or Fungal Infections

Antibiotics kill bacteria, and many only work on specific types of bacteria. Antibiotics do nothing for viral or fungal infections. Even medical sources say that antibiotics are overused for conditions in which they have little or no benefit, including: colds and flu, sinus infections, respiratory infections, sore throats, earaches (otitis media) and bronchitis.

This is the first advantage of natural infection fighters. Nature provides many potent remedies that are very effective against both viruses and fungus. These remedies can be effective for viral and fungal conditions that antibiotics cannot help.

## Antibiotics Have Side Effects

Like all drugs, antibiotics have side effects. These include allergic reactions, rashes, nausea, diarrhea and vaginal yeast infections. Use of antibiotics may also impair the function of the kidneys, liver, bone marrow and other organs. Many antibiotic side effects are due to their disruption of the friendly microbes that live in the gastrointestinal (GI) tract. A healthy GI tract is home to hundreds of species of friendly bacteria and other microbes that form a symbiotic relationship with us. These organisms form a protective barrier that inhibits the growth of harmful bacteria and fungus, while helping to regulate the immune system.

Antibiotics (especially broad spectrum ones) not only knock down the overall population of these friendly microbes, they can destroy some species outright. This can increase susceptibility to fungal and bacterial infections, irritable bowel, inflammatory bowel disorders and allergies.

This gives natural infection fighters a second advantage; they are less prone to undesirable side effects and do not appear to disrupt the friendly flora as severely as antibiotics do. In fact, many herbal remedies actually help promote the growth of friendly bacteria in the colon.

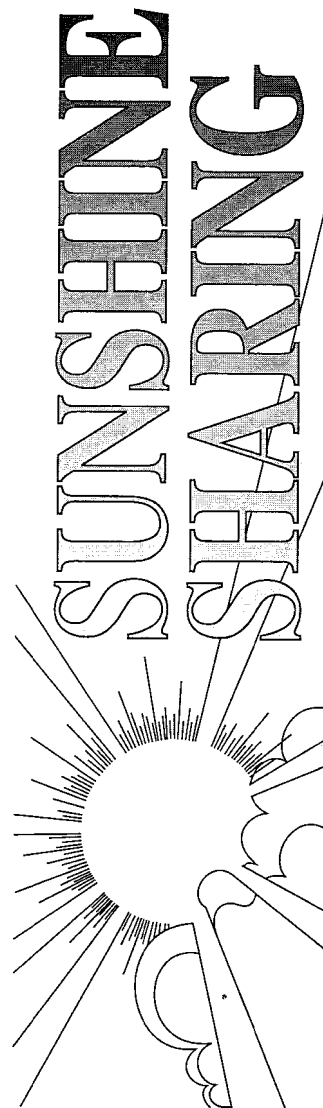
## Antibiotic Resistant Bacteria

The overuse of antibiotics causes another problem—antibiotic resistance. Bacteria develop a tolerance for antibiotics so that they eventually stop working. A similar thing can happen with chemical disinfectants. This has made diseases such as tuberculosis, gonorrhea, malaria and childhood ear infections more difficult to treat than they were a few decades ago.

The overuse of antibiotics is not limited to humans. Antibiotics are routinely fed to poultry and livestock, not only to prevent them from getting infections because of their crowded living conditions, but also to cause them to gain weight faster. This accelerates the process of antibiotic resistance and is partially responsible for periodic outbreaks of *E. coli*.

The third advantage of natural infection fighters is that the microbes do not develop resistance to them. Natural remedies are extremely complex and their chemical nature varies slightly each year. This prevents microbes from developing resistance to them.

*Continued on the next page...*



## Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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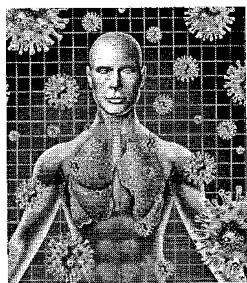
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Your guide to better health the natural way.

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## Strengthening the Immune System



There is one more advantage natural infection fighters have over modern antibiotics and disinfectants, but to understand this advantage we need to examine our assumptions about germs and disease. There is no question that basic sanitation helps prevent the spread of disease, but we often seem to ignore the fact that the body is designed to fight infection all by itself.

Antibiotics and disinfectants just kill microbes, they don't make your own immune system stronger. In fact, their overuse may be disruptive to natural immune functions.

For instance, research suggests that children raised in homes where everything is disinfected and sterilized have more problems with allergies and asthma than children who are raised on farms where they regularly interact with animals and dirt. It appears that the immune system actually needs to be exposed to microbes in order to learn how to properly fight infection.

This is where natural infection fighters really shine. Many of them work by strengthening the body's natural defenses. This means that they actually improve your body's natural ability to fight disease and can help to regulate immune responses to reduce undesirable immune reactions like allergies and auto-immune reactions.

### Reviving an Old Controversy: Is It the Microbe or the Terrain?

Nearly thirty years ago, the U.S. Surgeon General testified before Congress and declared that it was "time to close the book on infectious diseases." Through the use of antibiotics and other high-tech medicines, he believed, mankind could finally triumph over the lowly microbe. Today, we appear to be losing the "war on germs." Our focus on "fighting infection" is resulting in increased allergies, asthma, sinus problems, disorders of the intestinal tract and auto-immune conditions.

Perhaps it's time to re-examine an old controversy; is disease the result of the microbe, or is it the result of an imbalance in the biological terrain? If you've never heard of this controversy, it's time for a little history lesson.

At the same time Louis Pasteur was advancing his *germ theory* of disease, other researchers were interpreting the data in a different manner. For example, Rudolf Virchow, a contemporary of Pasteur,

maintained that the health of body cells depended on their chemical make-up, and this chemical make-up depended in turn upon the kind of food eaten by the individual. "If I could live my life over again," stated Virchow, "I would devote it to proving that germs seek their natural habitat—diseased tissue—rather than being the cause of diseased tissue: e.g. mosquitoes seek stagnant water, but do not cause the pool to become stagnant." [From *Food is Your Best Medicine* by Henry G. Bieler, M.D., pg. 40]

The famous herbalist, Dr. Edward E. Shook explains this eloquently in his book *Advanced Treatise in Herbology*. Speaking of orthodox medicine's approach to infection, he says:

They will show you illustrations of minute living organisms ... which are found in sputum, or pus taken from diseased tissues or secretions. Probably, at first sight, you are astonished; then you wonder "Can this be true?" Yes, it must be true. There they are! Right in the pus, plain as can be. How awful that such creatures can live and destroy our bodies without our knowledge until too late. Surely these doctors have discovered the truth. They are right. The germs must be killed." But wait a minute before you jump to such a conclusion. We find the fly on garbage which is composed of decaying organic matter. Is he, the fly, the cause of the garbage, or does the garbage breed the fly? We find the white maggot in decaying flesh. Was he (the maggot) the cause of death? And what are these creatures doing there? They are eating, consuming, doing away with decaying matter...."

Dr. Shook is suggesting that germs, like flies and mosquitoes, live where there is stagnation and decay. This is called the biological terrain theory of disease and suggests that germs are not the only factor in infectious disease. The biological terrain theory says that a healthy body resists infection and that in order to get sick, your body's natural defenses must first be weakened.

There is evidence all around us that the biological terrain theory is correct. Simply recognizing that not everyone who is exposed to an infectious organism becomes ill shows us that germs, by themselves, cannot make us sick if we have a healthy immune system. This means that your first concern in avoiding infection should be to adopt a healthy diet and lifestyle.

### Using Bacteria to Prevent Disease

What's amazing is that bacteria are actually one of your biggest allies when it comes to preventing the spread of infectious disease. The surface of the mucus membranes are coated with a layer of friendly bacteria (and other microbes) known collectively as friendly flora. These bacteria colonize the intestinal wall and create a barrier that inhibits the growth of harmful bacteria and yeast.

Unfortunately, modern antibiotics and disinfectants kill these good bacteria as well as the harmful ones, which ultimately weakens the immune system and makes a person more prone to infections. One of the primary benefits of using the natural infection fighters discussed in this newsletter is that they don't cause damage to the friendly bacteria, and they also help heal the tissues (biological terrain), which helps the body become more resistant to future infections.

Taking probiotic supplements like **Bifidophilus Flora Force** or **Probiotic Eleven** can help to replenish intestinal flora and enhance immunity. Eating naturally fermented foods with live bacteria cultures is even more beneficial in replenishing gut bacteria and restoring tissue health.

### Additional Help and Information

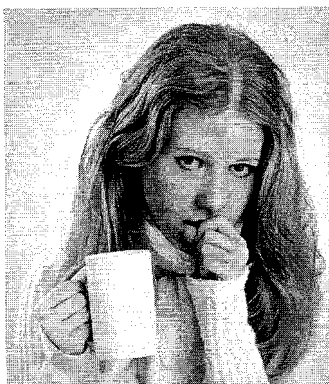
For more information on natural infection fighters and remedies to boost the immune system, contact the person who gave this newsletter to you or seek professional help. You can also consult the following sources:

*Herbal Antibiotics* by Stephen Harrod Buhner

*Beyond Antibiotics* by Michael A. Schmidt

*Natural Alternatives to Antibiotics* by Dr. John McKenna

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light



# Nature's Infection Fighters

There are many herbs that have antibacterial and antiviral properties. As winter approaches it's wise to stock up on a few of these remedies, so you'll have them on hand if you need them. In fact, some of these remedies can be taken throughout the winter to fortify the immune system and prevent infection.

## Nature's Penicillin: Garlic

Garlic is one of nature's most potent (and inexpensive) infection fighters. When you crush raw garlic, an enzyme called allinase creates a compound called allicin, which is antibacterial, antiviral and antifungal. Crushed fresh garlic is particularly helpful at fighting infections in the digestive tract and lungs. Unfortunately, allicin degrades rapidly, so dried garlic powder doesn't work very well as an infection fighter, although it still has many benefits for the cardiovascular system.

Raw garlic is a powerful antibiotic agent, but it does have some side effects. It can cause stomach upset in some people and it has an odor many people find offensive. Fortunately, **High Potency Garlic** contains stabilized allicin in tablet form, coated with chlorophyll to control odor. One tablet of High Potency Garlic is equivalent to the amount of allicin in approximately one clove of crushed raw garlic. To fight infections with it, try taking one tablet 3-4 times a day. For chest colds take it with 3-4 capsules of **ALJ**.

## Nature's Immune Boosters: Echinacea and Medicinal Mushrooms

Echinacea is well known as a powerful immune stimulant. It not only helps to activate the immune system to make a person less susceptible to contagious disease, it also helps prevent the spread of infection. Although commonly used for viral conditions, it actually works better on bacterial infections.

**Ultimate Echinacea** contains three species of echinacea in a liquid extract and is a great product to give to children during cold and flu season to boost their immune system and prevent illness. Echinacea is also combined with goldenseal in both liquid and capsule form, which boosts its ability to fight bacterial infections. The combination of **Echinacea and Goldenseal** is very helpful for sinus infections, urinary tract infections and infections of the gastrointestinal tract.

Many mushrooms, such as reishi, maitake and cordyceps also have the ability to act as non-specific immune stimulants. **Immune Stimulator** is a product that contains these medicinal mushrooms, echinacea and other nutrients that activate the body's immune system. It can be used to boost the immune system during cold and flu season, and can also be used to help "knock out" contagious illness, especially in the early stages. Try taking 2 capsules of Immune Stimulator every 2-4 hours at the first sign of illness.

## Nature's Antiviral: Elderberry

Research has shown that elderberries inhibit the spread of viral infections, making them an excellent herb for both preventing and treating colds and flu. **Elderberry D3fense** combines elderberry with Vitamin D3 (very important for immune function during the winter months), olive leaf extract, royal jelly and willow bark extract. This is a great remedy for fighting colds and flu, but can also be taken to help prevent them.

Children can obtain the benefits of elderberry in **Sunshine Heroes Elderberry Immune**, a chewable tablet that contains elderberry, echinacea, and reishi and maitake mushrooms. **Elderberry Immune** also supplies the immune-boosting nutrients vitamin C, vitamin D3 and zinc.

## Essential Oils for Infection

In general, essential oils are antimicrobial, although some oils are more powerful than others. One of the amazing properties of essential oils is that microbes do not develop resistance to them. Since they are very concentrated substances they are best used

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## Silver to the Rescue

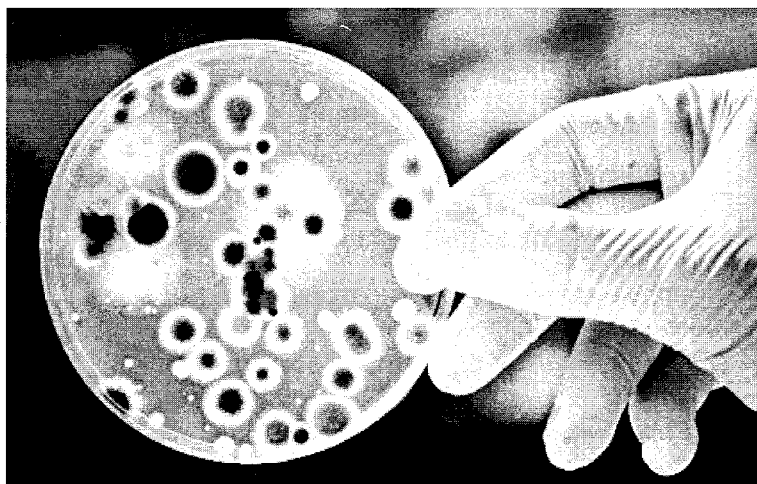
Silver was employed as a germicide and an antibiotic long before modern antibiotics were developed. In previous centuries, people would shave silver particles or submerge silver articles in drinking water to prevent it from turning bad. Eating with silverware also helped prevent infection. The only drawback to using silver in this manner was that large doses would turn your skin blue (a condition called argyria). This is why the upper class of society have been referred to as "blue bloods." They could afford to use silver utensils, which helped to protect them against infections, but also resulted in a bluish cast to their skin.

Fortunately, a new patented Silver Sol technology allows us to have the benefits of silver without the risk of turning your skin blue. This special, completely non-toxic form of silver is found in **Silver Shield** and **Silver Shield Gel**. It is the only silver product approved as non-toxic by the Environmental Protection Agency (EPA). The unique electrical charge on this silver also allows it to work at doses as low as 10 parts per million (ppm), which adds to its safety.

Silver Shield is antibacterial, antifungal, antimicrobial, antiparasitic, antiviral and antiseptic, and has been proven effective against all gram-negative and gram-positive bacteria. It worked in vivo and in vitro (in patients and in the lab) and is even effective against emerging antibiotic resistant bacterial strains.

Internally, the recommended dose for Silver Shield in adults is one teaspoon daily on an empty stomach for prevention and 2-3 teaspoons daily for fighting infection. Much higher doses have been used successfully for serious infections (up to one-half bottle a day). Children's suggested dose is 1/4-1/2 teaspoon daily.

Silver Shield Gel can be applied topically to wounds and injuries to prevent infection. You can also add a small amount of antiseptic essential oils (such as Guardian, tea tree, thyme, rosemary or oregano) to make it even more effective.



# Cold and Flu Season is Coming

Discover How Nature's Infection Fighters Can Help You Stay Healthy

*Continued from page three*

topically or as inhalants. Essential oils diffuse rapidly through the skin and into the blood stream, so you can dilute them with a fixed oil (like almond oil) and rub them into the skin near infected areas. Massage them into the throat for sore throats, massage them into the chest for respiratory congestion or into the abdomen for GI tract infections. Just inhaling them can also help sinus and respiratory infections, and diffusing them into the air will help prevent the spread of infection.

Here are a few good antimicrobial oils. **Tea Tree Oil** comes from the melaleuca tree and is a wonderful oil for topical use on cuts and other injuries. It not only inhibits infection in wounds, it actually promotes more rapid healing. **Guardian** is a blend of oils with antiseptic and antifungal properties. It can be diffused into the air to prevent the spread of infection or applied topically to inhibit infection and promote healing. **Eucalyptus** and **pine** are

great oils to inhale for respiratory infections. You can also rub them on the chest or drop them into boiling water and inhale the steam. Other great antimicrobial oils are **rosemary**, **thyme** and **oregano**.

To use essential oils internally, add 1-2 drops to a teaspoon of honey or olive oil and take once or twice daily. Do not take essential oils internally for more than a week without expert advice.

## Don't Neglect Nutrition

The immune system also requires various nutrients to function properly. Vitamins A and D play a critical role in keeping mucus membranes healthy and infection free. Vitamin C also plays an important role in maintaining tissue integrity and helping the immune system work properly. Try taking **vitamin A&D** or **vitamin D3**, along with extra **vitamin C** during the winter months. Minerals such as zinc are also important in keeping the body resistant to infection. Sucking on **Zinc Lozenges** (which also contain Vitamin C) has been shown to reduce the duration of colds.