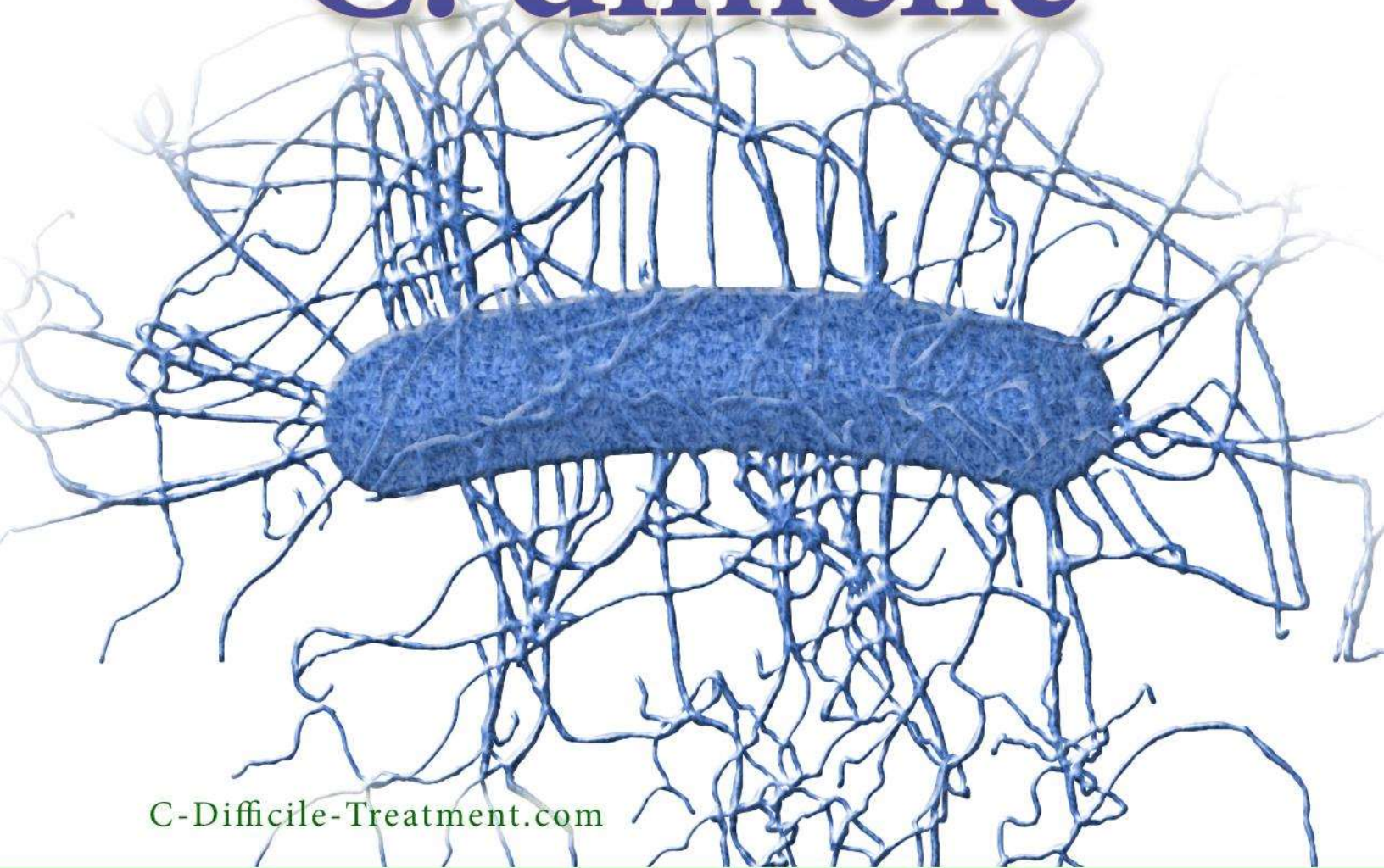


10 Things You Need to Know To Overcome C. difficile



C-Difficile-Treatment.com

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10 Things You Need To Know To Overcome *C. difficile*

Revision 6

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Introduction

What is C. difficile?

C. difficile is a common and potentially deadly superbug infection. *Clostridium difficile*, abbreviated as *C. difficile* or *C. diff.*, is a kind of bacterial infection that causes diarrhea and colitis (inflammation of the large intestine). The infection is often called Clostridium difficile-associated disease (CDAD) or Clostridium difficile infection (CDI). *C. diff.* bacteria in the gut produce toxins that cause the diarrhea and colitis.

C. difficile is also a spore forming bacteria. A spore is a protective shell which encases and protects the bacteria from harsh environments for long periods of time. When this spore finds itself in favorable conditions, such as your digestive tract, the spore turns into the normal bacterial form and can then grow and cause infections. Because *C. difficile* makes spores, it's difficult to treat and to kill.

It's common for *C. difficile* bacteria to live inside the digestive tract. For most people, *C. diff.* can live inside them and never cause any problems. However, if these *C. difficile* bacteria grow out of control, then an infection can develop.

What causes C. difficile?

Normally, *C. diff.* in the intestines is kept in check by many other species of beneficial bacteria and other flora that live there. However, this delicate balance can be thrown out of whack, resulting in an overgrowth of *C. difficile* which can cause an infection.

The most common thing that throws intestinal flora out of balance and causes a *C. diff.* infection is the use of antibiotic drugs. Antibiotics kill many of your good and friendly gut bacteria, leaving room for *C. diff.* to overgrow. Less commonly, *C. diff.* infections can occur by ingesting the bacteria picked up from touching a contaminated object or person.

The first step to recovery

The first and most important step to recovery from a *C. difficile* infection is knowledge. Knowing what you're dealing with and what your options are will save you a lot of time and frustration and spare you from a host of common medical mistakes. This report will introduce you to the ten key things you need to know to overcome a *C. difficile* infection, or to prevent an infection from spreading to others.

Medical advice disclaimer

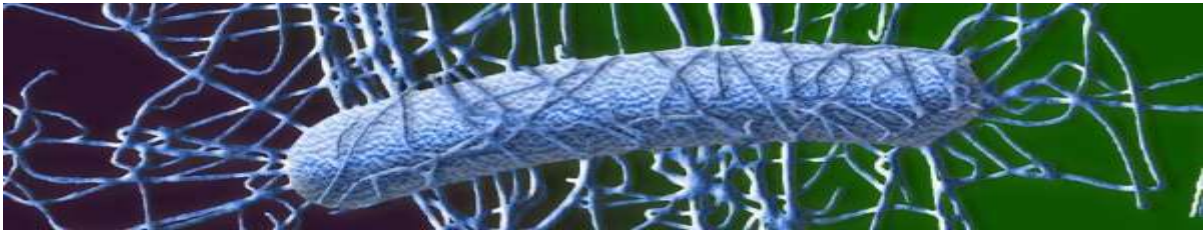
Michelle Moore is not a doctor or a healthcare practitioner. Michelle is someone who overcame many health obstacles that traditional medicine could not solve.

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1 Are You Sure You Have C. diff.?

The first thing you need to know is whether or not you actually have a *C. difficile* infection or not. Most doctors diagnose C. diff. by testing, or by your looking at your symptoms and risk factors. Even if you have some of the common symptoms of *C. difficile*, you may not actually have the infection. And even if you are tested for *C. difficile*, most common tests are not always accurate.

Some doctors skip laboratory tests altogether. Other doctors may diagnose your infection based solely on your symptoms and medical history. If you have any of the following risks, AND you have any of the following symptoms, then you might have a *C. difficile* infection (the ★ stars denote the most common symptoms and risk factors):

Risks Factors		Symptoms
You've taken antibiotics recently ★	+	Diarrhea ★
You have a history of C. diff. ★		Stomach Cramps ★
You've recently been hospitalized AND are 65 or older ★		Fever ★
You've had an abdominal surgery		Blood or pus in stool
You live in a nursing home		Weight loss
		Nausea
		Loss of appetite

Knowing if you have *C. difficile* or not is very important if you are currently taking any antibiotic drugs. Most antibiotics will not help with *C. difficile* and can actually cause the infection to grow worse. In fact, simply stopping your antibiotic treatments could bring an end to your infection. If you think you have *C. difficile* and you are taking antibiotics, ask your doctor to test you to confirm if you have *C. difficile*. Never stop taking the fully prescribed course of any antibiotic without first checking with your doctor.

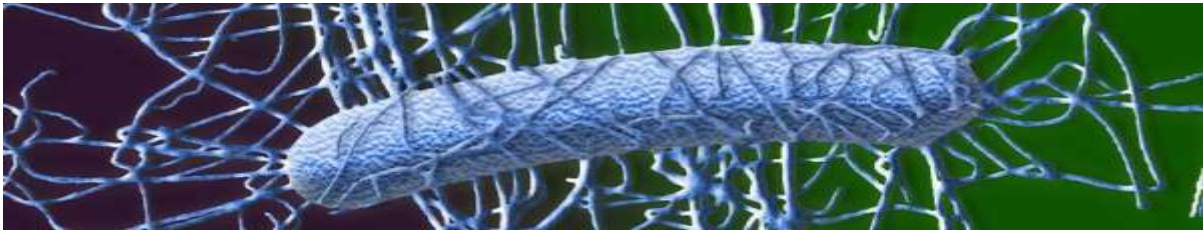
The most common tests and exams for *C. difficile* are listed below. Be aware that most of the common *C. difficile* tests are not 100% reliable. More than one type of test or exam may be combined to help your doctor make a better diagnosis, especially if your initial test results were unclear or inconsistent with your symptoms.

Type of Test	Pros	Cons
Colonoscopy or Sigmoidoscopy	Can aid diagnosis	Costly, risk of intestinal perforation.
CT Scan	Can aid diagnosis	Not specific for <i>C. diff.</i>
White blood count (WBC)	Can aid diagnosis	Not specific for <i>C. diff.</i>
Stool cytotoxin test	Sensitive	Slow, costly, requires special lab, prone to false negative results.
Stool culture	Very sensitive	Slow, prone to false results, not specific to toxin-producing strains of <i>C. difficile</i> .
Antigen detection	Very fast	Not conclusive by itself.
Enzyme immunoassay (EIA) for toxin A, toxin B, or both A & B	Fast, simple	Less sensitive, prone to false negative results, not conclusive by itself.
Nucleic acid amplification test (NAAT)	More reliable	Costly, new, fewer studies than other tests.

If you're unsure about your doctor's experience with *C. difficile*, consider seeing a gastroenterologist who specializes in treating illnesses of the gut. Gastroenterologists usually have better knowledge and experience treating *C. difficile* infections than general physicians.

Testing: the bottom line

There's no single reliable diagnostic test to confirm that you have *C. difficile*. The best way to know if you are infected can require a combination of testing, physical examination, and assessing your risk factors and medical history. Because of the uncertainties of testing, it is very important to work with a doctor who is experienced with *C. difficile*. Doing so will help you get the best possible diagnosis, which is crucial for a successful treatment.



2 Use Antibiotics With Care

Only a few specific antibiotics are effective against *C. difficile*, which makes the choice of available drugs rather limited for this infection. Fidaxomicin (Dificid) and vancomycin (Vancocin) are the two “standard protocol” or first-choice antibiotics prescribed for *C. difficile*. The antibiotic Metronidazole (Flagyl) is no longer a standard protocol antibiotic for *C. difficile* because it has [lost its effectiveness](#) due to the problem of antibiotic resistance.

Fortunately, most *C. difficile* strains are still vulnerable to one of the three antibiotics listed above. However, some strains of *C. difficile* have become resistant and do not respond well to “standard protocol” antibiotics.

There are other antibiotics approved by the FDA for treating *C. difficile* infections in addition to those mentioned above. However, these other drugs are expensive, more challenging to use, and show little benefit compared to the standard protocol drugs.

Antibiotics can cause C. difficile

If you have a *C. difficile* infection, or if you’ve been infected in the past, you need to be very careful about using antibiotic drugs for any reason. In today’s hurried society, many doctors will give you a broad-spectrum antibiotic for anything that even looks like an infection. Prescribing a generic antibiotic is easy, lets the patient feel like they’ve been helped and lets the doctor get on to the next patient. But if you’ve had a history of *C. difficile*, taking [broad-spectrum antibiotics](#) for another illness can easily bring your *C. diff.* infection back again.

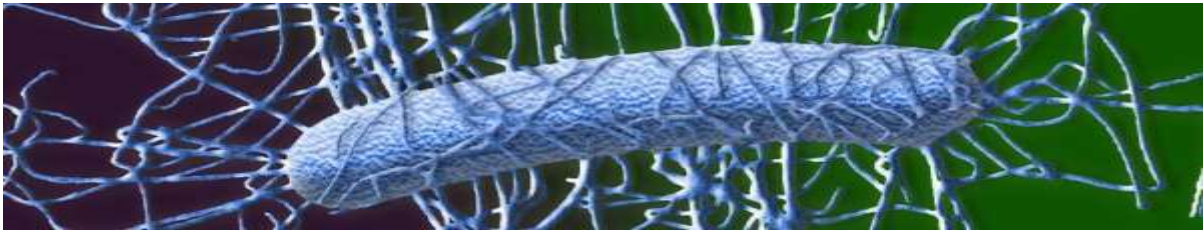
While the use of antibiotics can be necessary and even life-saving, the overuse and abuse of antibiotics has led to the creation of antibiotic resistant superbugs such as MRSA

(Methicillin Resistant Staphylococcus aureus), DRSP (Drug Resistant Streptococcus pneumoniae), VRE (Vancomycin Resistant Enterococci), and also *C. difficile*.

The CDC (Centers for Disease Control and Prevention) has said that the age of antibiotics may be coming to an end because of antibiotic resistance. It is therefore important that you learn how to use antibiotics prudently and sparingly, saving these drugs for when they are really needed. It's also important to learn about alternatives for treating infections that are not prone to the problem of resistance.

If you have another type of infection besides *C. difficile*, ask your doctor if traditional antibiotics are really necessary, especially if your condition is not serious or life-threatening. Every time you expose yourself to antibiotic drugs, you create more resistant bacteria and weaken your immune system. You may also be setting yourself up for another *C. difficile* relapse by using these drugs.

Ask your doctor if she is open to using alternative remedies and willing to monitor your progress while you use them. There are many natural remedies that are very effective against all kinds of bacteria, even superbugs. Natural alternatives rarely cause resistance, have few if any side effects and could help prevent a relapse of *C. difficile*. Keep reading to find out more about alternative remedies for *C. difficile*.



3 Counteract Antibiotic Side Effects

Common Side Effects

Antibiotics often can stop an infection quickly. However, these very useful and powerful drugs also have undesirable side effects, many of which can make you more prone to re-infection once your antibiotic treatment is finished.

Each antibiotic has its own list of side effects. Be sure to read the insert that comes with the drug for a listing of the side effects and contraindications. The most common side effects are listed below, along with suggestions on how to reduce or counteract them.

→ Dehydration

Staying properly hydrated is crucial when taking antibiotics because many of these drugs cause you to become dehydrated. Two to three liters of pure, clean water each day is ideal for most people. However, more water can be needed during prolonged exercise, especially in hot or high altitude environments.

→ Allergic Reactions

People can experience mild and even severe allergic reactions to antibiotics. Mild allergic reactions may consist of an itchy rash or slight wheezing. Severe allergic reactions (anaphylaxis) can be life threatening and may include swelling of the throat, inability to breathe and low blood pressure. **If you experience any of these severe symptoms, immediately contact your local emergency services.**

→ Organ Dysfunction

Some side effects are more severe and depending on the antibiotic, may disrupt the function of the kidneys, liver, bone marrow, or other systems or organs. Blood tests are usually performed to monitor for such reactions.

➔ **Weakened Immune System**

Most antibiotics weaken your immune system in multiple ways, leaving you more prone to reinfection.

➔ **Gastrointestinal Upset**

A common side effect for many types of antibiotics is nausea and/or diarrhea.

➔ **Overgrowth of Disease-Causing Bacteria and Secondary Infections Like Candida**

Antibiotics destroy both the harmful and the beneficial bacteria in your body. When antibiotics destroy friendly bacteria it gives the bad ones a better chance to gain a foothold. Anyone who has been treated with antibiotics is a prime candidate for overgrowth of bad bacteria. Other types of infections, such as the fungal-yeast infection called Candida, are common secondary infections after antibiotic use.

➔ **Antibiotic Resistance and L-forms**

As mentioned earlier, the overuse of antibiotics is creating real problems for the future of these important drugs. Antibiotics can also help create biofilms and mutated L-form bacteria that can go into hiding in your body.

Precautions

An allergic reaction to antibiotics can become severe very quickly and lead to shock and even death without proper medical attention. If you experience any of the following symptoms, call your doctor or go to an emergency room: wheezing, difficulty breathing (not just nasal congestion), difficulty swallowing due to a tight throat, excessive drooling with difficulty swallowing, swollen joints or signs of a severe reaction.

Reducing Antibiotic Side Effects

Addressing the side effects of antibiotics is an important step toward a speedy recovery from C. diff. The sections below show how to reduce the two most common categories of side effects: skin reactions and stomach upset (including nausea and diarrhea).

Skin reactions

One of the most common side effects of taking antibiotics is skin irritation such as itchiness, rashes, hives and other allergic reactions.

➔ Do not scratch the skin.

➔ Keep the skin slightly moisturized with a mild hypoallergenic (fragrance and odor free) moisturizer. A natural skin moisturizer is preferable.

- ➔ Avoid hot showers and baths, as this can aggravate the rash and make it worse.
- ➔ Use only natural and mild soaps.
- ➔ Avoid abrasive, itchy or overly warm clothing. Try light and cool fabrics like cotton.

Mainstream medicine approaches: For moderate skin irritation, there are several mainstream medical methods that may be prescribed by doctors. A common type of treatment includes steroidal drugs, such as prednisone or a hydrocortisone cream. Non-prescription Benadryl is an over-the-counter antihistamine allergy medication that can temporarily decrease an allergic rash and itching.

Alternative medicine approaches: For moderate skin irritation, several natural or herbal methods have been used with great success without side effects. Aloe vera can be very helpful - the fresh leaves from the plant are always best. Aloe is very safe for external uses over long periods of time. Other helpful remedies include calendula ointment, witch hazel and essential oils, including German Chamomile and Helichrysum oils.

Stomach upset, nausea and diarrhea

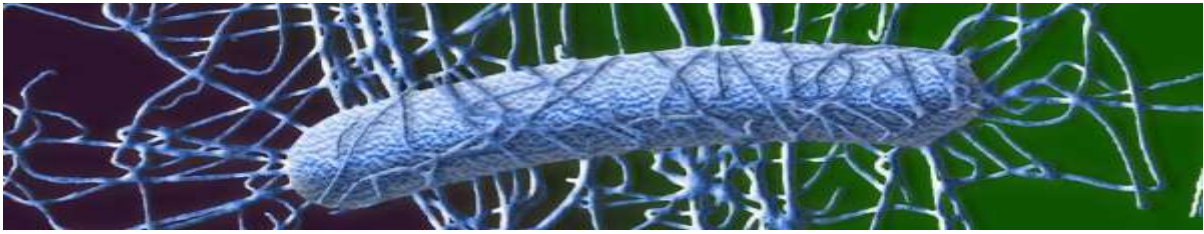
Diarrhea is perhaps the most common side effect of using antibiotics. Other common side effects include upset stomach, nausea and gastrointestinal pain. The bacteria causing a *C. difficile* infection can also cause these symptoms, even if you are not taking antibiotics.

Antibiotics can irritate the stomach and upset the natural balance inside your intestines. Your intestines are filled with important beneficial bacteria, yeast and fungi that help your body digest food, make vitamins and support your immune system. Most antibiotic drugs indiscriminately kill both the good and the bad bacteria, creating an imbalance.

- ➔ **Probiotics.** An important remedy for the gastrointestinal side effects of antibiotics is to take probiotics daily. Probiotics directly replace the good bacteria in your gut. There are many probiotic supplements available, so be sure to choose one with a proven track record of success for infection support, such as Bacillus probiotics.
- ➔ **IgG Antibodies.** Immunoglobulins (Ig) are powerful, yet highly targeted antibodies that neutralize **C. diff. toxins A and B** and bind to a number of disease-causing bacteria, viruses, and fungi, as well as their toxic by-products. IgG also reduces inflammation and intestinal damage to help counter antibiotic drug side effects. For details on how IgG works and how to get IgG, see the webpage below:

<https://www.c-difficile-treatment.com/treatments/immunoglobulin-igg-for-c-difficile/>

- ➔ **Heating pad or hot water bottle.** This simple remedy held next to the abdomen can help ease stomach upset and soothe pain.
- ➔ **Ginger.** Ginger has been used in China for more than 2,000 years to treat upset stomach, diarrhea and nausea. Ginger also has a long history of use in other cultures for nausea. Ginger can be taken as freshly cut root, powdered root, or as a liquid ginger extract. Ginger is also available in capsules.
 - **Precaution:** Ginger should not be used by children under 2 years of age. Adjust serving sizes for older children according to their weight.
- ➔ **Essential oils:**
 - Tarragon (*Artemisia dracunculus*), Rosemary (verbenone type) and Marjoram (*Origanum magoroma*) oils can calm an upset stomach when mixed with water and taken orally.
 - Peppermint (*Mentha piperita*) oil and/or German Chamomile can be mixed with water or another beverage and used for upset stomach.
 - **Precautions:** Children under the age of 3 years should not use peppermint essential oil. Do not use if you are pregnant. Essential oil quality varies widely and most oil brands are not safe for medicinal and internal uses.
- ➔ **Peppermint tea.** Peppermint tea can soothe stomach upset and aid digestion and is widely available. Peppermint tea is made from the dried leaves of the plant, with 1 to 2 teaspoons per cup of tea being a typical serving size.
- ➔ **Roman chamomile tea.** Roman chamomile (*Chamaemelum nobile*) tea is another common remedy for upset stomach.
- ➔ **Mainstream medical medications.** There are some medications that may help with the symptoms of stomach upset, including Imodium and Pepto Bismol. As with any of the remedies in this section, check with your doctor before taking.



4 Healthcare Pitfalls & Limitations

What is Mainstream Medicine?

Your medical doctor and the healthcare system are part of what's called mainstream medicine. Also called conventional, allopathic, or orthodox medicine, this mode of healthcare dominates in the United States and much of the Western world. Mainstream medicine has many advantages and has saved countless people's lives. However, mainstream medicine also has serious limitations and pitfalls you need to be aware of, especially regarding *C. difficile*.

In mainstream medicine, a medical problem is usually viewed as an isolated event, confined to the area in which it manifests itself (i.e. your intestines). A solution is usually sought through mechanical (surgical) and chemical (pharmaceutical drug) means. Seeking to understand WHY the infection or disease appeared is usually not explored. The focus of mainstream medicine is usually on fighting the symptoms of your infection rather than on promoting health and resolving the underlying cause.

Mainstream medicine is very good at dealing with trauma and acute injuries and often very effective at bringing quick relief by alleviating or masking your symptoms. On the other hand, mainstream medicine has a poor track record when it comes to treating chronic and degenerative diseases and infections.

Limitations of Mainstream Medicine

You may stop a *C. difficile* infection by taking antibiotics, but what's to keep the infection from coming back again? Antibiotics may bring short term relief, but these drugs do nothing to address long-term relief and can make recurring infections more likely.

You are probably accustomed to and comfortable with mainstream medicine because it's the only option that you've ever been given. And you've probably been conditioned to believe that mainstream medicine is the only legitimate option you have for healthcare. But if you've been struggling with recurrent *C. difficile*, it's time to consider other tried-and-true treatment options. There is a time and a place for mainstream medicine, but it's crucial to realize its limitations, maximize its strengths, and be willing to consider alternative approaches.

Mainstream and alternative medicines are complementary. BOTH play an important role in attaining and maintaining your optimal health

The FDA, drugs and doctors

The Food and Drug Administration (FDA) has broad powers to oversee all aspects of the drug industry, serving as the gatekeeper for approval of all drugs marketed and sold in the U.S. The FDA's drug approval requirements make it VERY expensive and time consuming to develop new drugs and get them to market. Since natural and alternative remedies and traditional therapies cannot be patented, there's no monetary incentive for companies to go through the long FDA approval process to develop such products.

Because of how the system works, natural remedies, no matter how effective they may be, are discounted and marginalized by the FDA and the healthcare system. This bias means that legitimate, safe and effective natural therapies are kept from reaching a significant level of public awareness. There is also a strong monetary incentive on the part of the drug companies to lobby against alternative medicine and keep you in the dark about it.

What your doctor isn't telling you

Most medical doctors only know about mainstream medical therapies and have little or no training, knowledge or experience with alternative approaches. Therefore, mainstream medicine is the ONLY OPTION that your doctor will likely tell you about.

Because there are so many forces keeping alternative therapies from reaching you, it's crucial to be proactive and learn what all of your options are. Your doctor is a highly valuable and well trained resource. But doctors can't be familiar with every option that exists. Doctors are not perfect and their advice should not necessarily be blindly followed without question. It's important to be responsible for your own healthcare.

➔ **NOTE:** It is not suggested that you shouldn't listen to your doctor or that your doctor is "bad". You should be informed of all of your options and realize that **it's up to you to educate yourself, do your own research and be the final authority on your own health.**

Getting Better Medical Care

With an understanding of its pros, cons and limitations, you can use the mainstream medical system to your best advantage. If you choose, you can also successfully combine mainstream and alternative medicine together to address your specific needs. In the end, you'll gain the most benefit from both systems and be on the best path to recover from your infection.

Choosing the right doctor



Many doctors have little to no experience with C. diff.
©iStockPhoto.com/Yuri_Arcurs

Each doctor has her own unique strengths, weaknesses, biases, and level of experience treating *C. difficile* infections. It is very important to interview any prospective doctor to make sure she is the best match to help you with your infection.

It is also important to realize the limitations imposed on doctors that often prevent you from receiving the best care. Doctors are increasingly forced into a bureaucratic mode of practicing medicine. This is particularly true of mainstream medical doctors. Doctors are under constant pressure from the insurance companies to cut costs and get patients in and out of their offices quickly. That means that you get less personalized treatment attention in favor of faster, one-size-fits-all “standard protocol” treatments.

The FDA, American Medical Association (AMA) and drug companies put pressure on doctors to favor mainstream medicine and prevent the use of alternative medicine. Even if your doctor knows about more effective tests and treatment options, they will often not offer these options to you because they are not part of the “standard protocol”.

Consider finding an Infectious Disease (ID) doctor. ID doctors specialize in infectious diseases like C. diff. and usually have more knowledge and experience treating infections than general physicians. ID doctors are not immune to making mistakes, but they are more likely to identify your infection correctly and get you on the appropriate treatment path more quickly.

Consider finding a Naturopathic doctor (ND). NDs are trained in natural healthcare at accredited medical colleges, can write drug prescriptions and perform the same functions as medical doctors. An ID/ND or MD/ND partnership can provide you with fully integrative healthcare, giving you the best combination of mainstream and alternative healthcare. Ask your MD or ID doctor if they are open to integrative medicine and willing to partner with an ND for your treatments.

Doctors certified in Functional Medicine (MD). Functional Medicine is a personalized approach to healthcare that focuses on prevention and treating underlying causes in

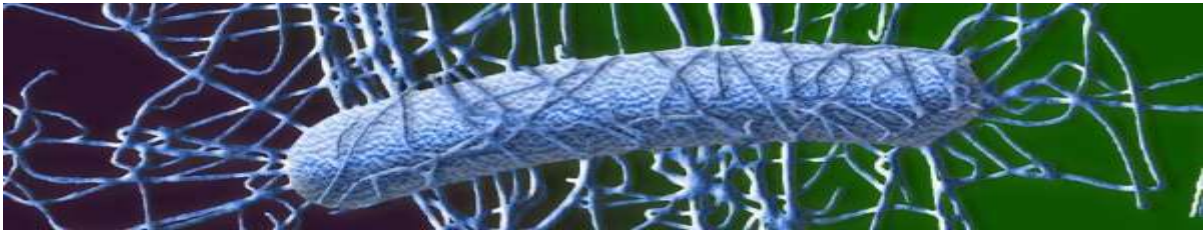
addition to treating symptoms. Any medical doctor, naturopathic doctor and some other types of health professionals can choose to become a practitioner of functional medicine by getting certified with The Institute for Functional Medicine (IFM). Functional medicine practitioners have a greater understanding of health, wellness and the underlying cause of infection and disease. The website below can help you to locate a medical doctor or a licensed health professional in your area who is a certified functional medicine practitioner.

https://www.functionalmedicine.org/practitioner_search.aspx?id=117

Work as a partner with your doctor

Once you find a good doctor with experience treating infections, and preferably one who is open to alternative medicine, work with her as a *partner* in managing your infection. Don't be afraid to question your doctor's suggestions or to get a second opinion. If you intend to use alternative methods, be open with your doctor and specifically ask for support and guidance with alternatives. Some natural methods can be very helpful against C. diff. infections.

A good doctor will support you and monitor your condition while you are employing alternative remedies, or using them in conjunction with mainstream treatments, and will help you safely evaluate your progress and success. In many cases, such a collaborative approach with your doctor can allow you to successfully treat your infection while minimizing or avoiding antibiotics.



5 Alternative & Holistic Medicine

Alternative medicine, together with holistic, natural, complementary or integrative medicine, has been practiced for thousands of years around the world. It was in existence far before the recent advent of mainstream medicine, where surgery and pharmaceutical synthetic pills are used to “heal” the patient. Over the years, total reliance on chemical and surgical technologies by the mainstream medical system has led to the dismissal of alternative health modalities as either outdated or ineffective.

What is called “alternative” medicine is actually not alternative at all. In fact, one out of three “drugs” prescribed by doctors in Germany is an herb. There are five homeopathic hospitals in Great Britain that are run by the British National Service. Many French medical doctors use and routinely prescribe medicinal quality essential oils in their practice.

Benefits of Alternative Medicine

Why are more people becoming interested in alternative medicine? The answer is very simple: alternative medicine is very safe and it works! In most cases, there is a safe and effective alternative method available for any mainstream medical treatment out there. There are also fundamental principles in alternative medicine that go above and beyond anything offered by mainstream medicine.

The core principle of alternative medicine is that the body is inherently designed to rid itself of disease. Many branches focus on stimulating the body’s ability to heal itself. The focus of alternative medicine is both therapeutic and preventative. Rather than focusing only on treating your immediate symptoms, alternative medicine also addresses the root cause of your infection, which often includes an imbalance in the gut flora.

Another strength of alternative medicine is that it sees you as an interconnected whole and realizes that multiple factors usually contribute to disease, including physical, mental, environmental, emotional and even spiritual factors.

You can achieve optimal results with your infection by using both alternative medicine and mainstream medicine together in an integrative way. There are many different alternative remedies and protocols available to fit your particular infection needs. Many of these methods have been scientifically proven and have a long history of safe and effective use.

The Biggest Mistake of Alternative Medicine

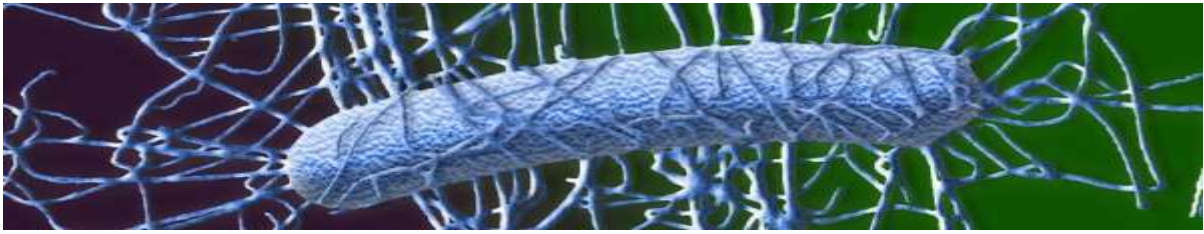
Most people who get into alternative medicine focus on finding the right remedy to cure their infection. Most often, people are looking for a silver bullet remedy, or a more natural replacement for their antibiotics. Unfortunately, this is the same mistake that mainstream medicine so often makes: focusing on the disease, not the person.

It's a very easy mistake to make. Almost everyone has been programmed by drug companies, the media and even doctors with the idea that taking "pill X" will cure "illness Y". But applying this same idea to alternative medicine handicaps some of the most important benefits that alternatives have to offer. It's not a matter of mainstream versus alternative medicine because both approaches complement each other and can work together.

Alternative medicine is not a replacement for mainstream medicine, but rather a larger approach to healing. The full power of alternative medicine is not in the remedies themselves. Remedies are just one piece of the puzzle. The full potential of alternative medicine comes from focusing on the body as a whole, using multiple methods to support that inherent healing ability holistically.

A holistic approach to *C. difficile* can include supporting your body's immune system and beneficial flora, natural remedies with activity against infections, detoxification of *C. diff.* toxins, intestinal tissue healing, and it may also include antibiotic drugs, if and when they are needed and appropriate.

Holistic medicine is a fundamental shift in the way most people view their health, wellness and healthcare. But it's a shift worth making because as you'll see below, alternative medicine has many unique and very important benefits when it comes to addressing stubborn diseases like *C. difficile*.



6 Natural & Alternative Remedies

There are many alternative remedies for infections, but there are some important considerations when choosing a remedy for support with *C. difficile*. Because of the unique qualities of these infections and who is most likely to catch them, many common infection remedies may not be the best choice for *C. difficile*.

Alternative *C. difficile* remedies should have a track record of activity against *C. difficile* bacteria. They should also be gentle on the stomach because *C. diff.* irritates the gastrointestinal tract. Remedies that have anti-inflammatory properties can be a big benefit in supporting the body against these infections. In addition, remedies that also support proper balance of the beneficial flora inside the intestines are especially beneficial.

Olive Leaf Extract



Olive leaf is antibacterial and also has immune supportive properties.
© joanna wnuk - Fotolia.com

Olive leaf has a long history of being used against illnesses in which microorganisms play a major role. It's effective against bacteria, viruses, yeast and parasites. In ancient Egypt, olive leaf oils were used in mummification to help preserve bodies from decay from bacteria and fungi. In the 1800's olive leaves were used in commercial European pharmaceuticals for malaria. By the middle of the 1900's, scientists researching this medicinal plant isolated the compounds responsible for its infection-

fighting effects, including oleuropein.

One of olive leaf extract's main infection-fighting components is oleuropein, a phenolic compound that makes olive trees vigorous and resistant to insect and bacterial infections. Research shows that oleuropein can play a similar role in humans with little risk of side effects. In fact, Upjohn Pharmaceutical Company conducted a safety study on a calcium

derivative of oleuropein and found that even doses many times higher than recommended had no toxic effects¹.

Olive leaf also has immune stimulating effects. Products with at least 18% oleuropein have the highest potency. The infection and immune support qualities of this potent phytochemical are especially beneficial given its safety record and lack of side effects. When blended with other botanical substances, olive leaf can support the body on multiple fronts when battling infections.

Garlic



Garlic is one of the strongest infection-fighting herbs.
©iStockPhoto.com/galdzer

Garlic has both antibacterial and antiviral properties and is one of the strongest infection-fighting herbs. Garlic also stimulates the immune system, promotes balanced intestinal health and can improve cardiovascular health.

Garlic was used by the ancient Egyptians, Greeks, Romans and Chinese to treat all types of infections, its use dating back over 5,000 years. As recently as World War II, garlic saved thousands of lives by protecting open wounds from getting infected. Even Louis Pasteur studied the strong antibacterial properties of garlic in 1858. As of today, there are over 2,000 studies on the infection-fighting qualities of garlic.

When garlic is crushed, bruised or cut, a reaction occurs that forms a compound called allicin, which is garlic's best known antimicrobial ingredient. One milligram of allicin was found to equal to potency of 15 units of penicillin².

Unfortunately, allicin is rapidly oxidized after it is created and its potency does not last very long. The amount of active components in fresh garlic and commercial supplements can vary widely, depending on where the garlic is grown and how the product is processed and prepared. Garlic oil, aged garlic and most powders contain limited or no active allicin. Garlic must be used fresh or specially processed to retain the allicin in a stabilized form.

Essential Oils

Essential oils are one of the most potent, versatile and well known remedies for infections. There are hundreds of different essential oils, but thyme, oregano, rosemary, tea tree, clove, and cinnamon bark are perhaps the best known for infection support.

When it comes to battling bacterial infections, oregano is considered by many experts to be the "heavy artillery" of essential oils. The species *Origanum vulgare* from Turkey is highly therapeutic. However, oregano is also one of the hottest and potentially irritating oils and special care should be exercised when using it.

Oregano, cinnamon, clove and other hot oils can cause stomach upset, liver stress and can even cause burns if used improperly. Hot and sensitizing oils are therefore mostly used internally, although it is sometimes used diluted on the skin for some applications. The strong antibacterial qualities of oregano and thyme oils can also be used for sanitizing sprays and recipes for bacterial control of surfaces.

Complementary Herbs and Botanicals

Several herbs can provide secondary benefits during an infection. Rather than being directly active against the infection, these remedies can help relieve some of the common symptoms and side effects of *C. difficile* and help the body to heal and recover quickly.

Goldenseal. A good example is Goldenseal. The compound berberine found in Goldenseal is supportive of the immune system. Goldenseal has the ability to restore mucus membrane integrity inside the stomach and intestines. Goldenseal also stimulates the release of bile, which is important to the detox process to remove toxins from the body through the intestines. This detox support can be especially useful for *C. difficile*, which produces toxins that inflame the colon.

Milk thistle. Another beneficial herb for *C. difficile*, milk thistle is a widely respected detoxification aid that also helps protect liver cells. This liver support further enhances detoxification effects, which is important because of the toxins created by *C. difficile*. Antibiotic drugs, which are often used for *C. diff.* infections, can stress the liver, making liver support and detoxification even more important. Because of milk thistle's cleansing effects, it can be a helpful addition to herbal blends for dealing with infections.

Cordyceps. Cordyceps has a long history of being used in ancient China, Nepal and Tibet as a medicinal fungi or mushroom. Pharmaceutical companies use cordyceps as the source of the drug Cyclosporine, which is a very important transplant anti-rejection drug. However, cordyceps is also useful as an herbal remedy for immune support and to boost energy during the recovery stage after an infection. Laboratory studies show that cordyceps promotes T-cell growth and helps lymphocytes to survive longer. This multi-dimensional action on the immune system can be of benefit when the body is fighting an infection.

Botanical Herbal Blends

Blending multiple herbs into a single product can provide unique benefits beyond those available from any single herb by itself. Synergistic blends of botanicals can provide excellent broad-spectrum antibacterial activity and maximum therapeutic potency.

For example, herbs that provide broad-spectrum antibacterial support can be blended with herbs that assist with detoxification of bacterial waste products. Botanical substances that support the immune system can also be added to providing even more benefit.

Olive Leaf Botanical Blend

One botanical blend, called the “*Olive Leaf Botanical Blend*”, is formulated for controlling bacteria with several herbs chosen for their synergistic antibacterial, immune support, restorative and detoxification properties. This blend includes Olive Leaf Extract (at least 18% Oleuropein), Garlic, Goldenseal, Milk Thistle, St. John’s Wort, Uva Ursi, Ginseng, Bladderwrack, Cordyceps, Dandelion Root, Noni and White Willow Bark. This blend is fairly gentle, easy to use, safe for all ages and broadly active against many types of infections.

Biocide Botanical Blend

Another botanical blend, called the “*Biocide Botanical Blend*”, is formulated for broad-spectrum antibacterial and immune system support that specifically targets the intestines and supports digestion. This blend contains Bilberry Extract, Black Walnut, Noni, Raspberry, Milk Thistle, Fumitory, Echinacea, Goldenseal, Gentian, Oregano Oil, Shiitake, Tea Tree Oil, White Willow, Galbanum Oil, Garlic, Lavender Oil, and Grapeseed Extract.

A Natural C. Diff. Protocol:

The two botanical herbal blends above can provide broad-spectrum support for *C. difficile* when combined with probiotics, dietary changes and immune-support methods.

These two blends are part of a C. diff. protocol which contains immune support and natural broad spectrum antimicrobial agents, plus a detoxification product which absorbs bacterial toxins from the digestive system. Additional supplements to help against biofilm formations and professional grade probiotics are also available.

This product line has been used by Medical and Holistic Doctors since 1987 for numerous types of chronic and difficult infections. These products are highly-regarded by doctors who deal with gut dysbiosis (microbial imbalance) and debilitating gut issues. You can learn more about this protocol here: <https://www.c-difficile-treatment.com/products/herbs/>

Fecal Transplantation

One of the most controversial treatments for C. diff. is fecal transplantation, also called fecal microbiota transplantation (FMT) or stool transplant. This procedure has been in the news lately and is claiming many positive outcomes for patients with *C. difficile*. While fecal transplantation has gained a foothold in the mainstream medical community, long term success with this procedure is not guaranteed.

This procedure takes the stool from a healthy person's colon (the donor) and transplants it into the colon of someone with a *C. diff.* infection (the recipient). The idea behind this therapy is to restore the balance of healthy bacterial flora in the colon by getting it from another person's colon. By introducing a healthy diversity of bacteria from the donor, fecal transplantation can help reestablish the recipient's natural flora balance to bring a *C. difficile* infection under control.

So far, fecal transplantation therapy has been used mostly for people with at least 3 recurring *C. difficile* infections. FMT has become an accepted mainstream treatment for *C. difficile* and studies of the treatment have shown mostly good results. One study published in 2013 in the New England Journal of Medicine concluded that a fecal transplant was significantly more effective for resolving recurrent *C. diff.* infections than using vancomycin antibiotics³. Another study found fecal transplantation to be no more effective than vancomycin⁴.

While many people do benefit from fecal transplants initially, recurring infections are still a concern, sometimes requiring multiple transplants. And unless the underlying conditions inside the body that caused the flora to become imbalanced are changed, the flora can eventually revert back to how they were before the transplantation.

Probiotics



True probiotics benefit your gut microbiome in multiple ways, similar to reconditioning, "pulling weeds" and "tending the soil" in a garden.

What holistic doctors have known for decades is finally becoming apparent to mainstream medicine: the microorganisms living on your body and inside your gut can have a profound effect on your health. In the last few years, there has been an explosion of scientific research, media coverage and medical attention on gut flora and probiotics and their effects on the human body. This once alternative field of health is starting to become mainstream.

How probiotics work

Did you know that when you are healthy, you have over 100 trillion microorganisms in your digestive system? That equals about 3 to 4 pounds of bacteria you carry around with you every day. These bacteria are made up of some 1000+ different species and aid in digestion, absorption, and the production of significant amounts of B vitamins and enzymes.

Your digestive system works side-by-side with the foods you eat to provide your body with all the energy and nutrients it needs. So it's no surprise that your digestive system is a critical factor in the strength of your immune system and overall function of your body. But

what is not commonly known is that at least **60% of your immune system is located in your intestines**⁵.

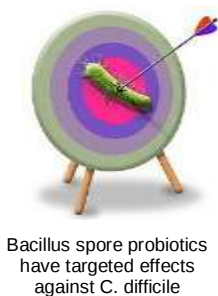
Thus, a properly functioning intestinal tract is one of your body's first lines of defense against bacterial, viral or fungal invaders. There's a continuous cross-talk between the tissues in your gut and your friendly bacteria. This constant communication tells your immune system what is "self" and what is not, enabling the fight against foreign invading organisms⁶.

Probiotics as a complementary therapy

From a mainstream medical perspective, probiotics are not usually prescribed as a sole or standalone treatment for *C. difficile*. Instead, probiotics are usually prescribed as an adjunct or add-on along with antibiotic drugs or other remedies.

There is growing evidence to support the use of probiotics as a complementary therapy along with antibiotics. The majority of scientific studies have shown positive results when adding probiotics along with antibiotics for treating *C. difficile*^{7,8}. In particular, the microorganisms *Lactobacillus rhamnosus*, *Lactobacillus delbrueckii* subspecies *bulgaricus*, *Streptococcus thermophilus* and especially *Saccharomyces boulardii*, showed good results for *C. difficile* infections⁹.

Bacillus spores target C. difficile



Bacillus species are hardy spore-forming probiotics that can survive the stomach and populate the gut, unlike most other probiotic strains that are destroyed by stomach acid. Spore-forming strains like *Bacillus* are not killed by antibiotic drugs when taken together. *Bacillus* species from the soil are naturally found on fruits and vegetables and are a natural resident inside the human gut. Several strains of *Bacillus* have been shown to boost the immune system and ward off disease-causing bacteria and yeast inside the gut.

For example, *Bacillus coagulans* can improve *C. difficile* colitis symptoms, reduce colon inflammation, improve stool consistency and improve *C. diff.* outcomes. It also has immune-modulating effects^{10 11}. *Bacillus clausii* makes compounds that directly inhibit *C. difficile* and is a potent immune system enhancer^{12 13}. And *Bacillus subtilis* HU58 produces 12 natural antibiotic substances, targeting harmful gut bacteria.

Saccharomyces boulardii for diarrhea support

The beneficial yeast species *S. boulardii* (Sac. B.) helps reduce diarrhea and recurrence of *C. difficile* with no significant negative side effects. And since *S. boulardii* is a hardy yeast and not a bacteria, it is not destroyed by antibiotic drugs like most other probiotics.

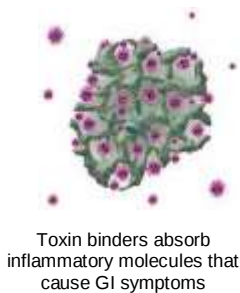
Several clinical studies show that *S. boulardii* is helpful for support with gut disorders, especially antibiotic-associated diarrhea and *C. difficile* associated diarrhea¹⁴. This helpful yeast also secretes an enzyme that digests *C. diff.* toxin A and helps prevent the formation of *C. diff.* toxin B¹⁵.

There are several probiotics on the market containing *S. boulardii* either by itself or as part of a multi-strain formula. Many holistic doctors prefer to combine *S. boulardii* with other species rather than take it by itself. This type of probiotic is ideal for **short-term use** during active *C. diff.* infections.

Given the apparent benefits of probiotics, plus the lack of side effects and antibiotic interactions, there's little reason not to prescribe probiotics along with antibiotics. See if probiotics are right for you, discovery probiotic quality myths and find out how to choose the right probiotic here:

<https://www.c-difficile-treatment.com/treatments/probiotics-for-c-difficile/>

Toxin Binders



C. difficile toxins A and B are responsible for the brunt of the terrible symptoms associated with *C. difficile* gut overgrowths. Plus the use of antibiotic drugs, poor diet and lifestyle choices and environmental toxins can also inflame the gut with toxins, often leading to leaky gut, IBS and other gut disorders. So binding and removing these inflammatory toxins from the gut can greatly improve your symptoms and speed the healing process after a *C. diff.* infection or taking antibiotics.

Clays and charcoal

There are many different kinds of toxin binders that work in different ways. Two of the most popular are activated charcoal and zeolite clay. Such binders are broad-acting and can absorb a wide range of bacterial toxins, dead bacterial byproducts, metabolic waste products and other molecules that inflame your gut lining.

But to bind toxins well, the size of the cavities in the clay are important, as well as the quality and purity of the raw materials used. And because activated charcoal absorbs nearly everything it contacts, it should not be taken at the same time as food, medications, antibiotics or other supplements.

These toxin binders work kind of like a shot gun, indiscriminately and powerfully binding anything that they contact. This broad powerful action is both a benefit and a potential

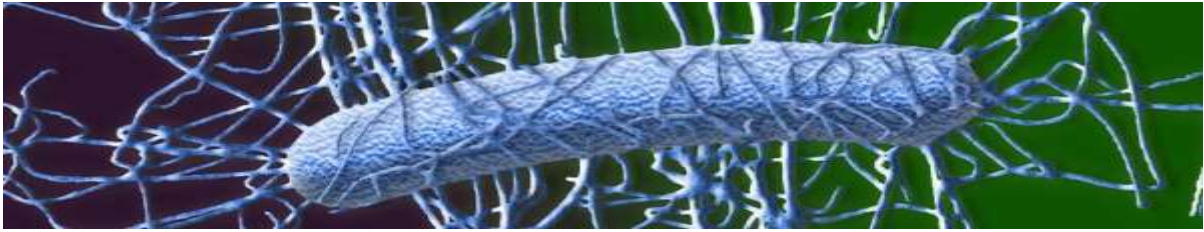
downside to this type of binder, if used incorrectly. But this broad action can be valuable for more challenging infections where more toxin support is needed to see positive results.

Immunoglobulins (Ig)

Immunoglobulins (Ig) are natural proteins that your body makes to fend off infections and disease. These beneficial proteins **neutralize toxins** and **soothe gut tissues** through their binding and anti-inflammatory properties.

Binding the toxins secreted by disease-causing bacteria in the gut allows your immune system to remove them from your body, reducing the debilitating symptoms caused by these toxins. Immunoglobulin G (IgG) also helps maintain the gut's mucosal layer, which is a protective mechanism against toxins. And reducing inflammation inside the gut further relieves symptoms of C. difficile.

One of the big benefits of IgG is that it's highly targeted and precise. This product works more like a precision sniper rather than a shot gut. In other words, IgG only binds to harmful toxins and will not interfere with foods, nutrients, other supplements or any drugs you may be taking.



7 Cleaning & Hygiene

Microorganisms of all kinds live on your skin, inside your body and virtually everywhere across the earth. There are three to four pounds of bacteria that live in your digestive system, where they create vitamins, protect you from invading organisms, and help you digest food. In fact, your microorganisms actually outnumber the total number of cells in your body by a factor of 10 to 1. So, in a sense, you are more bacteria than human.

Most of these microorganisms are good and help keep you healthy. Problems happen when “bad” bacteria get where they shouldn’t, or when otherwise good bacteria are given an opportunity to grow out of control. The goal of safe cleaning and hygiene is to control the bad bacteria and leave the good ones alone.

How *C. difficile* Spreads



Commonly touched surfaces can harbor bacteria like *C. difficile*.
©iStockPhoto.com/
silverlining56

In order to have the most effective cleaning and hygiene practices, it’s important that you know where *C. diff.* comes from and how it can be transferred from person to person.

Since *C. diff.* lives in the gut, the source of most *C. difficile* bacteria and their [spores](#) comes from fecal matter and it is spread by fecal-oral transmission. Basically, this means that something that has been in contact with an infected person’s feces or rectum coming into contact with your mouth. As disgusting and improbable as this sounds, it happens much more often than you might think.

It’s important to understand that direct contact with feces is not necessary for this to happen. *C. diff.* can easily pass from one surface or object to another in a long chain of events before it finally reaches your mouth. A common scenario is someone who’s infected doesn’t wash their hands well after using the restroom. They then touch the door handle

to leave the restroom and touch a cell phone, elevator button or keyboard. You touch one of these objects and later have a snack without washing your hands first. Once in your mouth, C. diff. bacteria can pass to your intestines and potentially cause an infection.

Best Hand Washing Practices

Washing your hands is your best personal defense against becoming infected. You should wash your hands after touching high-risk or potentially contaminated objects, after using the bathroom, after caring for someone who is infected, and certainly before you prepare food or eat food.

Use soap and personal care products WITHOUT chemical antimicrobial agents which are connected with antibacterial resistance. Read product labels carefully and don't use soaps with synthetic antimicrobial agents such as Triclosan, triclocarban, methylisothiazolinone (MIT), chloroxylonol (PCMX) and chlorhexidine gluconate (CHG).

Wash your hands with soap and warm water. Soap by itself with scrubbing action removes germs. Scrub hands briskly for at least 15 - 30 seconds.

When away from home, grab a paper towel immediately after you finish washing your hands before turning off the water or touching anything. After drying your hands, use a paper towel to turn off the water faucet and to open the bathroom door. And carry a small bottle of a natural hand sanitizer for use when you don't have access to soap and water.

Cleaning vs. Disinfecting vs. Sanitizing

If you or someone in your home is infected and you want to reduce the risk of C. diff. spreading through your home, then you need to understand the differences between cleaning, disinfecting and sanitizing.

- ➔ **Cleaning means to physically remove dirt** or any other contamination from a surface. However, cleaning does NOT necessarily kill any of the bacteria that may be present on the surface.
- ➔ **Disinfecting means to kill bacteria on a surface.** However, disinfecting does NOT remove bacteria or other contaminants, so it does not actually “clean” the surface.
- ➔ **Sanitizing means to reduce the number of bacteria** on a surface. While sanitizing is beneficial for lowering the numbers of bacteria on low-risk surfaces, it will not kill or control C. diff. spores, nor does it physically clean the surface.

Cleaning is the best option for controlling bacteria on the majority of home surfaces and objects. However, for high-risk objects, high-touch objects and surfaces near or in contact

with an infected person, frequent disinfecting is prudent. Sanitizing is helpful for surfaces and objects that cannot be cleaned easily, present a low risk of contamination, or for use while traveling or when at work or in public places.

Disinfecting High-Risk Surfaces

The only EPA approved disinfectants that kill *C. diff.* spores are fairly toxic and therefore hazardous to use. Because of the health hazards, these strong disinfectants should only be used when needed, using personal protective equipment, including gloves and proper ventilation. Bleach in water solution is the most widely known disinfectant that can kill *C. difficile* spores.

When using potent and hazardous disinfectants to kill *C. diff.* spores focus your efforts on the highest risk surfaces and objects to limit your exposure to harsh products. Below is a list of the highest risk surfaces in the home with the greatest chance of being contaminated with *C. diff.* spores.

➔ **High-risk surfaces and objects**, including the infected person's:

- Toilet seat, handle and all outside surfaces. Disinfect after each use.
- Bathroom sink, shower, floor and tub. Disinfect daily.
- Bed hard surfaces or handrail. Disinfect daily during active diarrhea stage of infection.

➔ Surfaces or objects that are **close to or in contact with someone who has *C. difficile***, including the infected person's:

- Tables, chairs, counter tops, dresser tops or other furniture touched by the infected person. Disinfect daily during active diarrhea stage of infection.
- High-touch surfaces, such as light switches, doorknobs, dresser handles, remote control, phone, computer keyboards and mouse, and medical equipment. Disinfect daily during active diarrhea stage of infection.
- High-touch objects, such as personal care product containers (cosmetics, body care products). Disinfect daily during active diarrhea stage of infection.

➔ Any surfaces **contaminated with feces, urine, or any other body fluids**. Any surfaces that get contaminated in this way should be cleaned and disinfected immediately.

Household bleach



Household bleach is the most commonly used disinfectant.
© Lester Moore

Household bleach is most commonly used for disinfecting *C. diff.* spores in kitchens, bathrooms or other high-risk areas of the home. This tried-and-true disinfectant remains one of the most effective and least expensive ways to kill *C. difficile* spores on surfaces, even compared to modern professional methods used in many hospitals¹⁶.

Household bleach must be diluted in water to work properly as a disinfectant. Bleach freshly diluted in water in the proper ratio is very effective at killing bacteria, including *C. diff.* spores. Follow label instructions for the correct dilution to use.

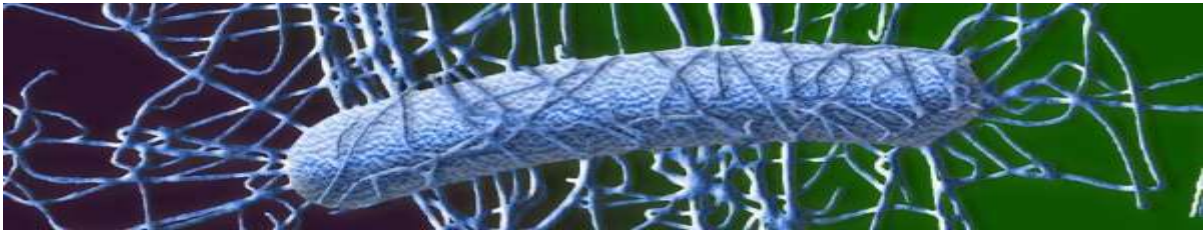
Unfortunately, bleach damages many surfaces and is toxic to adults, children and pets and must be used with caution and care. People have gone as far as washing their walls frequently with bleach. There will be a point of diminishing returns for overusing bleach, which can lead to unneeded health problems and the weakening of your immune system.

Silver ion disinfectants

As mentioned above, very few disinfectants can kill *C. difficile* spores. However, many other disinfectants can kill the active form of *C. diff.* bacteria, along with a host of other kinds of bacteria, viruses and other disease-causing microorganisms. While it's very important to disinfect high-risk surfaces in your home with a spore killing disinfectant, why not use a less toxic and safer disinfectant for lower risk surfaces?

Disinfectants made with silver ions are very effective against a wide range of bacteria and other pathogens. These disinfectants are also economically priced, very safe and easy to use. Silver disinfectants can be used anywhere you'd normally use another type of disinfectant and are much better on the environment (and your body).

One of the author's favorite disinfectants is called PureGreen24. This product contains only silver ions (Silver Ion SDC technology), citric acid and water. This disinfectant has a two minute proven kill time for many common infectious bacteria found in the home. It's also safe to use around children and animals (it can even be used to disinfect toys). However, this disinfectant will NOT kill *C. diff.* spores, so it is not ideal for *C. diff.* disinfecting of high-risk surfaces.



8 Prevention & Protection

Healthcare environments such as hospitals have one of the highest-risks of exposure to bacteria like *C. difficile*. Providing care for someone who is infected is a common way to catch the infection. Community acquired infections (catching *C. difficile* outside of the hospital) has become a concern and may be linked to food contamination, contact with asymptomatic carriers and other factors.

Proper cleaning and personal hygiene and hand washing as described in the previous chapter are a crucial part of protecting yourself. But even the best cleaning practices can fail unless proper prevention strategies are also followed.

Hospital Prevention Strategies

One of the best preventative measures is to simply avoid touching high-risk surfaces and objects, or if you do, wash your hands immediately after touching them. This strategy is especially important in hospital rooms. Exercise caution and extra-good hygiene with the following surfaces commonly found in healthcare facilities: floors and bed rails, toilets and sink areas, door handles, call buttons, blood pressure cuffs, windowsills, remote controls, waste baskets and feeding tubes.

Always wash your hands well immediately after touching someone who's infected. And avoid touching your face, nose, eyes or especially your mouth until you've washed your hands thoroughly.

When visiting any high risk environment, it's best to take preventative remedies before and after the visit to help bolster your immunity and combat any infectious agents you might encounter. Remedies that support your immune system in addition to controlling bacteria can be most helpful.

Home and Community Prevention

Make sure that everyone sharing a home with an infected person knows the risks and proper prevention techniques. Always wash your hands before preparing or plating any food to eat. The same goes for eating at a restaurant or drive-thru. Keep bathroom areas disinfected and clean up objects like telephones, door knobs, refrigerator handles and remote controls. Also avoid sharing personal items like towels and washcloths.

Laundry is a potential route for *C. difficile* to spread through a home. Keep the infected person's laundry separate from other clothing and wash separately. Also be sure to wash undergarments by themselves and with bleach if possible to minimize transfer of *C. diff.* to other clothing.

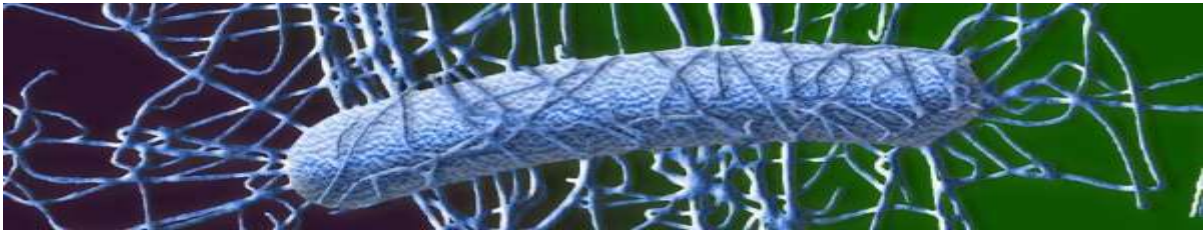
During the active stage of an infection, it's best to stay home if you can. If possible, have other people run errands for you and take sick time from work to stay home. If you do venture into public places, flush public toilets before use. Because *C. diff.* is in stools, flushing a toilet, even if it's already been flushed can help reduce the risk of *C. diff.* being present in the toilet. "Splash-back" from using a toilet can spread the bacteria to you. Also use sanitizing wipes on high-risk surfaces before touching them, including shopping cart handles, library computer keyboards, hotel TV remote controls or any other high-touch surface.

Protection for Caregivers

If you are caring for someone with *C. difficile*, your number one priority is to keep yourself safe from becoming infected. Your risk of becoming infected from contacting contaminated surfaces is lower after the diarrhea has stopped. Extra precautions should be taken during the active diarrhea stage of an infection, including more frequent cleaning and disinfecting, along with more stringent hygiene, isolation and contact precautions.

If possible, keep the infected person isolated to a certain room or part of the house. This is especially important if the person still has diarrhea. If the infected person has diarrhea, keep their bed and living area as close to the commode as possible. Have disinfecting supplies and a dedicated waste container set up beforehand to handle any bathroom accidents quickly and thoroughly.

If you need to clean up an infected person's bodily fluids, be sure to wear disposable gloves. Change gloves immediately if you touch any feces or any objects contaminated with feces. Gloves must be used, removed and discarded hygienically (without getting contamination on your hands), otherwise their use is much less effective. Immediately after glove removal, your hands should be washed with soap and water.



9 Recovery Action Plan

For many *C. diff.* sufferers, antibiotics fail to work, or prove impossible to use because of intolerable side effects. Furthermore, treatments and remedies alone probably aren't enough to stop a stubborn or recurrent *C. difficile* infection. For best long-term results, a broad approach to recovery is needed. Such an approach includes: remedies, proper prevention strategies, cleaning and hygiene techniques, immune support, colon support, countering antibiotic side effects, proper testing and diagnoses, proper diet changes and getting good healthcare.

Putting All the Pieces Together

The strategies detailed in this report can be put together into a 3 step action plan that makes things easier to follow and implement. If you have an infection right now, Step 1 is about how to treat an active *C. difficile* infection on three different fronts for maximum results. Step 2 includes important protocols to speed your recovery from *C. diff.* infections and prevent becoming infected again later. Finally, Step 3 is about control of *C. diff.* bacteria inside your home to protecting yourself and your family from getting infected.

Step 1: Treat the infection

- ➔ Use effective treatments and/or remedies for your infection as outlined in the remedies section of this report. This can include antibiotics and/or alternatives.
- ➔ Remove the disease-causing toxins that *C. difficile* bacteria make inside your body that cause the worst symptoms of these infections. You can help support your body by drinking plenty of water, avoiding processed foods and using toxin binders to absorb inflammatory toxins from your intestines.

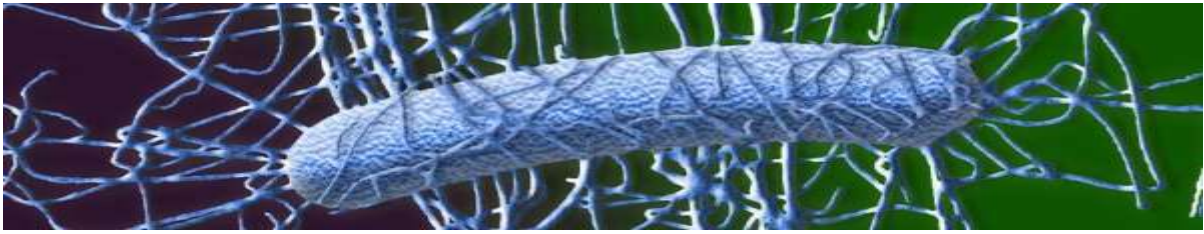
- ➔ Rebuild the beneficial bacteria inside your intestines that ward off *C. diff.* infections and speed your recovery from infections. This includes using a high-quality probiotic and avoiding foods and antibacterial chemicals that kill your beneficial flora.

Step 2: Body and internal support

- ➔ Avoid foods that fuel *C. diff.* infections, such as sugary or processed foods. If well tolerated, whole foods help your body to recover and boost immune function.
- ➔ Specific diet plans can be helpful, such as the BRAT diet. [Avoiding problem foods](#) is also important, and these foods vary from person to person. Problem foods often include sugar and sweets, raw vegetables, dairy, red meats, spicy foods, fatty foods and caffeine and sodas.
- ➔ Boost your immune system function to make your body more resistant to future infections. You can boost your immune system by eating a more nutrition-dense diet, taking immune-supporting supplements and probiotics, and reducing your stress level.
- ➔ Counteract the negative side effects of the drugs often prescribed to treat *C. difficile*.

Step 3: Home bacteria control

- ➔ Clean your home, laundry, and places inside your home where *C. difficile* bacteria are most likely to hide using the guidelines found earlier in this report.
- ➔ Use bacteria-killing disinfecting agents proven to kill *C. difficile* spores for all high-risk surfaces. Use safe, non-toxic cleaners whenever possible.
- ➔ Practice effective and safe personal hygiene practices that reduce the risk of *C. difficile* spreading and causing recurring infections.



10 Taking Responsibility for Your Own Health

Your biggest asset in treating *C. difficile* is knowledge. For best results with *C. difficile*, you need to know what you're dealing with, what your options are and what steps you need to take for recovery. Reading this report is a great first step.

The second step is to take responsibility for your own health and proactively implement what you are learning. This step requires self-confidence and the realization that you know your body better than anybody else does. Your doctor and other resources can provide you with valuable advice and direction. But in the end, you get to decide what is best for you and your family.

It's easy to fall into the trap of blindly following whatever your doctor tells you, simply sitting in the back seat and trusting and hoping that the healthcare system won't steer you wrong. Even though alternative therapies are put down by traditional doctors, learn the truth and be informed. You are in charge of your health, no matter what type of medicine (mainstream and/or alternative) you choose to use.

Your treatment options can include both mainstream and alternative medical approaches. With the proper knowledge, determination and support, you can recover from *C. difficile* and you can get your quality of life back.

Michelle's Probiotics & IgG Toxin Binder

MegaSporeBiotic

MegaSporeBiotic is an all-spore probiotic that survives harsh stomach acid to arrive in the gut at full strength. It contains five strains of *Bacillus* that recondition the microbiome and support healthy digestion and immune function. **Ideal for long-term use**, MegaSporeBiotic supports the growth of healthy bacteria and helps control non-favorable bacterial overgrowth.



RestorFlora

RestorFlora contains the friendly yeast species *S. boulardii*, which is **helpful for diarrhea** caused by either *C. difficile* or antibiotic drugs. RestorFlora is ideal for short-term use during active infections and intestinal upset. Best used in combination with MegaSporeBiotic.



Mega IgG2000

Mega IgG2000 neutralizes a range of toxins from bacteria, mold and the environment, including **C. difficile toxins A and B**. It also helps reduce intestinal inflammation and damage and supports healthy gut barrier function. Unlike clays, charcoal and other binders that indiscriminately bind to a wide range of things, Mega IgG2000 only targets disease-causing bacterial components and toxins inside the gut. **Ideal for long term use.**



See how these products work to speed your healing and improve recovery from *C. diff.* at the webpage below:

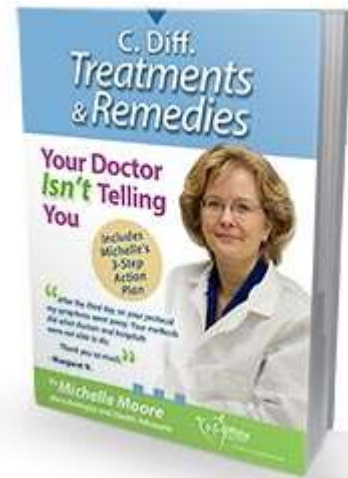
<https://www.c-difficile-treatment.com/products/probiotics/>

Michelle's C. diff. Treatment Book

All of Michelle's recommended protocols for C. diff. recovery are detailed inside her book, *C. diff. Treatments & Remedies*. After 4 years of struggling with recurring infections, Michelle uncovered 3 key steps that everybody with a chronic infection needs to take to recover and prevent recurring outbreaks. Michelle has been 100% drug-free and infection-free since 2002. Now she is making her healing methods available to help others who suffer from debilitating infections.

Michelle's book is for people whose antibiotics have stopped working and whose doctors have run out of ideas. For people with stubborn recurring C. diff, her 3 Step Action Plan could make the difference between life and death.

Michelle's methods have been praised by respected Naturopathic and Medical doctors and her books have over 45,000 satisfied and healthier customers in 58 countries since 2008. Visit the web page below to get Michelle's book, including her 3 step action plan and ongoing support:



<https://www.c-difficile-treatment.com/products/>

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