

# *The problem with antibiotics*

In the first half of the 10<sup>th</sup> century a word was coined, Pleomorphism, it was used to refer to the ability of bacteria to change their shape dramatically in order to survive. This new thought created quite a bit of chaos among the thinkers of the day. Some were for it and others were against it. It became such a big deal that they actually began to label themselves: monomorphists (those who opposed the claim that bacteria could change shape) and pleomorphists (those who believed it).

Antoine Bechamp developed a theory that microzymes (tiny organisms present in all things whether living or dead) could assume various forms *based upon the condition of the host*.

Do you catch a cold? Do you catch heart disease? Do you catch cancer?

No, you don't catch any of these, your body creates an environment wherein a bacteria, virus, or fungus can live and grow. We have been programmed over the years to believe that there is a germ and that that germ causes disease.

Germ theory (the theory that most of us in the US have been raised with) has been credited to Louis Pasteur (he wasn't the first to come up with it, but he was the one who got it so widely accepted). It states that diseases arise from microorganisms from outside the body that invade the body and take up residence. They are to be guarded against (wash hands, get vaccinations, etc). They are constant in their nature (not pleomorphists). Each disease can be traced to one particular organism or germ. They can attack anyone and our job is to build up our defense to become as immune to them as possible.

Cellular theory has been credited to Antoine Bechamp. His theory states that disease arises from microorganisms within the cells of the host. They are supposed to be there, part of their job is to build and assist in the metabolic processes of the body and assist in disintegration of the host (help get rid of old dead cells). They change their shapes so that they can deal with whatever cell they are called upon to help take care of. Every disease is associated with a particular condition. If the health of the host (you) deteriorates then the microorganisms become pathogenic (they're just trying to change in order to do their job). Disease is thus caused by unhealthy conditions. In order to prevent disease we need to create health.

Okay, there's a bunch of big words and ideas in there. Essentially, this is what we're saying. Each cell reproduces. Each cell reproduces by creating a new cell out of the old cell. They're pretty much the same size and shape, but, they do each differ slightly because each cell has been affected by it's environment—a cell can be totally changed by radiation (in a negative or positive way), a cell may have learned something new (how to react to something it didn't like—creating an allergy), or it may have some parts of it that got clogged up (by toxins) or cleared out (by essential oils). It passes these new things it learned on in the new cell. It passes on how it has learned to survive!

Now, let's look at a bacteria. A bacteria cell has a cell wall, this cell wall keeps the cell together, determines its shape, and allows food and oxygen in and waste products out. We all learned that in science class. The cell wall also acts kind of like bubble wrap, it cushions the pressure applied to the cell to keep it from bursting. It also allows it to attach to something else, it may be sticky so that it clumps to surfaces or it may have little appendages that allow it to join with other cells.

Can a bacteria/virus/fungus change in order to survive? Do they "learn" and adapt? Yes.

In Hanford, Washington there is a toxic waste dump. In the year 2000 some boreholes were drilled to test the integrity of the tanks and make sure they weren't leaking. It was determined that they needed to be resealed and a deadline was set for 2006. In 2004 some scientists asked if they could study the dirt from these boreholes to see what was there. Keep in mind, not only was this dirt exposed to nuclear waste, but they were also in an area that was always boiling hot (from the toxins) so the dirt should have been sterile

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(according to Louis Pasteur's theory). The dirt was not sterile! They found some teeny, tiny bacteria—stuff they'd never seen before! The scientists got very excited thinking they'd found some new, mutant bacteria. After about 72 days of playing with the bacteria they discovered that the bacteria had joined together and was now strains they were familiar with. "These bacteria have learned to shield themselves somehow, to produce proteins or other molecules that protect against the radiation," Brockman said.

What happens when you take an antibiotic? The antibodies go in and destroy the cell wall of the bacteria you're trying to kill. Does this kill the bacteria? Logic dictates that since you can't see it under a microscope anymore, it must be dead. What happens is the antibodies destroy the cell wall of the bacteria, letting loose the stuff that was contained, but it's now smaller than a cell so it can't be seen under a microscope. It is now called an L-form.

L-forms (L stands for little or Lister Institute—the guys that discovered them) are extremely tiny variant bacteria that don't have a cell wall so they can be any shape they want to be. Cryptic or Nano-bacteria are also terms used to describe L-forms. Although researchers have known about these L-forms for about a century, they haven't understood them because they can't really see them. It has now been discovered that these bacteria are responsible for causing a whole bunch of chronic diseases. Some of the disease now being attributed to these L-forms are: Rheumatoid arthritis, Chronic Fatigue Syndrome, Lyme's Disease, and Sarcoidosis. Researchers have identified over 50 different bacteria that are capable of transforming into L-forms! More will surely be found now that they know how to look for them! Your doctor may not be aware of them because they can't be grown in standard laboratory conditions or cultured like classical bacteria. But, we have all heard, and our doctors have heard, that we need to quit using so many antibiotics because we're getting bacteria that are antibiotic resistant. How do they get that way if they all get killed—L-forms are the key!

Researcher Louis Dienes did a study using L-forms and penicillin at Harvard Medical School. He discovered that when he applied penicillin to various species of classical bacteria (such as Salmonella Typhosacoule) some of them transformed into a cell wall-less variant of the same species—an L-form Salmonella Typhosacoule. He also found that exposing the original strains to other antibiotics, chemical injury, high levels of amino acids, lithium, calcium, chromatim, and mercuric salts caused L-forms to form as well!

His research was duplicated by a team of doctors under Virginia Wuerthele-Caspe Livingston, but they used the skin disease Scleroderma. She noticed that some of the L-forms were as small as viruses, but others resembled spores of fungi and yeasts. Livingston and her colleagues conducted some studies with the L-forms they had created and were able to grow various human cancer tumors!

Researcher Alan Cantwell thought this was interesting and began looking at L-forms and cancers. He found L-forms in lymph nodes and blood of patients with HIV. He then took samples from the lymph nodes, skin tumors, and other organs from the corpses of patients who had died from Hodgkin's disease and cancer—he found copious amounts of L-form bacteria in his samples, in different shapes (round and rod shaped).

Today, Nobel Prize Nominee Lida Mattman, Ph.D., is world renowned as the leading expert on cell wall deficient bacteria. She claims that Stealth Pathogens are bacteria that have found a way to hide from the immune system and resist toxic chemicals. The bacteria are called Stealth Pathogens because they are not detected by the body's radar system—the immune system. She believes that resistant Stealth Pathogens cause a multitude of degenerative diseases. She believes that in the case of Muscular Dystrophy, the bacteria get into the myelin fiber and the immune system is alerted that there is an infectious process taking place. The immune system sends phagocytes to destroy the bacteria. The immune system identifies the cell wall of bacteria; they are unable to identify the L-forms that have no cell wall. The immune system destroys myelin tissue in its elusive search for the Stealth Pathogen. The destruction was not the bacteria, but the body's own defense system.

These L-forms are smaller than any known viral or fungal particle. They are too small to be seen with normal optical microscopes. They can *go anywhere in your body!* L-forms are small enough they can even be in sperm cells—you can pass them on to your not yet created baby! L-forms are small enough to pass the blood brain barrier, they can be in your spinal fluid, they can be anywhere! It has been discovered that 38% of 10,000 children in the USA suffer brain damage from Meningitis. This occurred because of L-forms that were left after the classical form was destroyed.

What creates L-forms? Antibiotics! When someone with an infection is given an antibiotic it kills the classical bacteria by breaking open the cell wall, spawning L-forms.

“Almost every antibiotic has induced cell wall deficient form (CWD) from bacterial specie. At this state almost every bacterium of industrial, basic, scientific, or medical entrust has been induced into the L. faze with the appropriate antimicrobial compounds.” -Dr. Lida Mattman. Okay, what that says is that we’ve way over-used antibiotics and now all bacteria have an L-form and that’s what these super-bugs we can’t kill are. The continued use of antibiotics and over-use of antibiotics (anyone had more than one antibiotic prescribed at a time?) are continuing to create L-forms. This is why someone who cycles through illnesses never seems to gets better for long. They are dealing with L-forms. These L-forms are hanging out, waiting for the environment to change (the antibiotic to quit being used—have you heard of the many people who are being prescribed an antibiotic for months, even up to a year at a time!) or for enough of them to wind up in the same place that they start a colony so they have the power to create inflammation where they are and the acid of the body changes and then they can flourish again. Experts estimate that physicians in the US alone write 50 million antibiotic prescriptions a year to treat disease actually caused by viruses, which antibiotics do not affect!

Do you remember the studies we talked about earlier? The ones where they grew a cancer tumor from L-forms and saw L-forms that looked like viruses, spores of fungi and yeast. This is where the scary part comes in (like I haven’t freaked you out enough). You take a bacteria, turn it into an L-form, it pleomorphs (remember, that refers to the ability of bacteria to change their shape dramatically in order to survive). Well, it can really pleomorph! The L-forms wander around in your body until they find someplace they like. Then they actually send out a call signaling other L-forms to come hang out with them, forming a colony. After about 72 days you can see enough L-forms come together that they can begin forming cell walls again. But, you see, the L-forms that come together may not all be from the same original kind of bacteria. For example, if you’re dealing with a Urinary Tract Infection, Dr. Mattman has found that you will commonly have L-forms in that area from *Pseudomonas sp.*, *Proteus vulgaris*, and *P. mirabilis*. Bacteria are taking pleomorphism to a whole new level. If they start regrouping as bacteria and you have made the environment in your body anti-bacterial, they’ll regroup as a virus in order to survive! If the environment in your body is anti-viral they’ll regroup as a fungus in order to survive!

So, let’s say you have a cold and you have a dormant yeast infection. You go to the doctor, he prescribes an antibiotic. You take it and the bacteria pleomorph into a yeast (fungus) adding to the dormant yeast you already have, you now have a full-blown yeast infection! Worse yet, your cold may have been a virus so the antibiotic did nothing to make you feel better from the cold!

So, you ask, how the heck do I get well? How do I get rid of these L-forms?

Do you remember at the beginning of this article when we talked about cellular theory? About how cells adapt to the environment surrounding them. When we create a disease environment (by consuming toxins, by allowing our lymph to stagnate, by eating too much sugar—or heaven forbid, fake sugars, by smoking, by drinking soda pops, by not drinking water—hey, you know the list), the bacteria that are supposed to be in our body pleomorph to survive. Since they are now living in a disease environment, they become a disease in order to survive. So, what we need to do is change the environment to a health environment. In order to do that read the below article, “Getting and Maintaining Health” (also found separate from this on our website).

Some notes to keep in mind:

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- L-forms congregate around metal. If you have a knee replacement, rods holding bones together, etc. you may find that you will want to use the essential oils directly on that area in order to knock out the L-forms.
- You can do the following essential oil regime faithfully, but if you continue to pollute and abuse your body you will not make progress (or you will make very little progress).
- Stress is a great big cause of L-form creation. Even if you never take an antibiotic, if you don't decrease the stress level in your life you will be creating a disease environment and the bacteria will adapt accordingly.
- If you feel a healing crisis (often people describe this as the flu, headaches, muscle aches, chills, etc) please do NOT run to the doctor and get an antibiotic. A healing crisis is managed by increasing water intake, soaking in the tub (soak for 20 minutes with ¼- ½ cup Epsom salts, rinse off afterwards—don't skip this step, you may wind up with a skin rash!), and eating some fresh-ground flax (work your way up to ¼ cup). These three steps: water, soak, and flax, will help flush the toxins that are being released into your system as the L-forms, bacteria, fungi, and viruses are truly killed. (If you don't understand how essential oils can kill these L-forms, etc, please see the article in the library on our website entitled, "How Essential Oils Work." <http://www.TracesEtc.com>)
- You may find that you need to start taking a liquid mineral supplement in order to give you body all of the tools that it needs to repair itself. These are as easy as juicing fresh fruits and vegetables or buying one of the many juice drinks on the market (NutraBurst, Noni, Mangosteen, etc). The key is to make sure your drink is not pasteurized (that kills the good stuff). Your body can use the vitamins, minerals, and nutrients in these drinks almost as soon as they hit the mouth, which takes less energy and allows your body to devote that energy to healing.

## *How do we start coaching health and maintain it?*

- Spice for Life essential oil blend targets viruses
- Guardian essential oil blend targets fungi
- Defence essential oil blend targets bacteria

Question: I thought I had a bacterial infection, but Defence essential oil blend didn't work. Why? Because the bacteria were in the process of morphing into a virus or fungus so the Defence essential oil blend was unable to kill it. You need to cycle through the three oils because of this.

Stick to the following order (it's reverse alphabetical, makes it easier to remember):

- Spice for Life essential oil blend for breakfast (Viruses love mornings.)
- Guardian essential oil blend for lunch (Fungus has a growth spurt in the early afternoon.)
- Defence essential oil blend for bed (Bacteria grows twice as fast at night as it does during the day! Bacteria have a very large challenge with sunlight.)

### Dosages:

1 drop is generally ample for maintenance

2-3 drops for crisis

4-6 drops for acute

We suggest that you put the drop(s) in a capsule, fill with Carrier oil (grapeseed, olive oil, or other consumable carrier oil, try to avoid vegetable oil). Spice for Life essential oil blend tastes pretty good, but the others aren't the yummiest.

- **Maintenance:** 1 drop, do daily for 2 weeks, then take 1 week off. If symptoms begin to return, go back on. (ie: 1 drop Spice for Life essential oil blend for breakfast, 1 drop of Guardian essential oil blend for lunch, and 1 drop of Defence essential oil blend before going to bed.)

- **Crisis:** 3 times a day (2-3 drops) for 5 days. (ie: 2-3 drops of Spice for Life essential oil blend for breakfast, 2-3 drops of Guardian essential oil blend for lunch, and 2-3 drops of Defence essential oil blend before going to bed.)
- **Acute:** take every 15 minutes (4-6 drops) for 2 hours—then revert to crisis dosage for 5 days—then revert to maintenance for 30 days AND DRINK LOTS OF WATER! We would also recommend that you do at least one soak (best in Healing bath salts) and that you consume fresh ground flax (work yourself up to ¼ cup of flax a day). (ie: assuming you're starting at 10:00 am—take 4-6 drops of Spice for Life essential oil blend at 10:00 am, take 4-6 drops of Guardian essential oil blend at 10:15 am, take 4-6 drops of Defence essential oil blend at 10:30 am, ROUND ONE COMPLETE, repeat round one starting at 10:45 am (Spice for Life), 11:00 am (Defence), and 11:15 (Guardian). ROUND TWO COMPLETE, repeat, taking at 11:30, 12:00, skipping the third dose of Guardian). The next day start the crisis dosage.

Make sure you take time off to give your body a rest.

You NEED to LISTEN to YOUR BODY! If you have any negative reactions you will need to retreat from the use of the oil, continue the Liver Cleanse, and re-visit it in two weeks.

A child under 2 years—75% dilution of essential oil.

A child between 36-24 months—50% dilution of essential oil.

Can the essential oils be used on location? Not Spice for Life. Yes Guardian and Defence. If you find it necessary to use Spice for Life on location (which is not recommended, but I know some of you will refuse to listen to me) please dilute it in a carrier oil as it will burn and aggravate the skin.

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann

208-852-2295

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