

Understanding Staph and MRSA Infections

Why do we have this overwhelming problem with these superbugs that are creating Staph and MRSA infections? When we treat an infection (or prevent one) with an antibiotic we create what is known as an L-form. L-forms are super tiny bacteria; they are the size of nano particles because they have lost their cell walls. An antibiotic “kills” bacteria by destroying its cell wall. Scientists thought that this meant that the bacteria was now dead, but new discoveries by scientists such as Dr. Virginia Livingston and Dr. Lida Mattman (nominated for a Nobel Prize for her work with L-forms) have discovered that the antibiotic really just made the bacteria dormant. With the invention of stronger microscopes that enable scientists to see smaller and smaller particles they have discovered that when an antibiotic destroys the cell wall of a bacteria it is still alive. Scientists have now been able to watch these bacteria morph from a bacteria to a virus to a fungus and back to bacteria again as they struggle to survive. These bacteria (or virus or fungus) that no longer have a cell wall are called L-forms. These L-forms are so tiny that they can go anywhere in the body. They can go into other cells, such as your red blood cells. They can cross the blood brain barrier and get access to the brain. They can enter and exit lymph nodes at will. They have even been found in sperm cells (meaning that they can then exist in a newly created fetus). These L-forms find places to hide from the antibiotic in the body. Occasionally several of them will come together and form a cell wall (using your own body’s nutrients!) this group of L-forms will then send that newly formed cell out into the body and see if it comes back. If it doesn’t come back it is presumed that something in the body killed it. It could be an antibiotic or it could be your body’s own immune system. The L-forms simply go back to the drawing board and revamp the next cell they prepare to send out. Next time they may send out a virus cell instead of a bacterial cell or they may send out a fungal cell or they may send out a modified bacterial cell that is now resistant to the antibiotic in your system. The point is, they learn from past failures and they have the ability to morph into a bacteria, virus or fungus. This is why we are now dealing with so many superbugs that are resistant to our antibiotics. Scientists are now striving to stay ahead of the latest superbug advancements. We now have VRSA, which is MRSA that has morphed to become resistant to the latest antibiotic Vancomycin.

The reason that MRSA, Staph, and now VRSA are so rampant in hospitals is because that is the perfect breeding ground for them to grow and learn. Hospitals are places where both germs and our germ-fighting tools are found together. It is the battleground where only the strongest survive. When we go to a hospital (or to a doctor’s office where the superbugs have hitched a ride from the hospital) we are exposed to these superbugs. Our immune systems are strongest when we are healthy and stress free. Not many of us go to the doctor’s office or the hospital because we are healthy and stress free! People who go to these places will often experience a dip in their immune systems, if nothing other than from the stress, just before going in, this puts us in a place where our immune systems are not able to fight off the initial invasion of the superbug and then we become hosts.

Essential oils are very effective in this fight because no two batches of essential oils are alike. Essential oils are extracted from plants. No two growing seasons are identical. There are always variations in sunshine, moisture, temperature, and there are even variations in the soil. Each plant is different and each growing season is different so each batch of essential oil is different. For example, Eucalyptus essential oil (also known by its Latin name of Melaleuca) is well known for its anti-viral and anti-bacterial properties. It has been studied by scientists for over 100 years, especially for its respiratory benefits. It takes about 50 pounds of the eucalyptus leaves to yield one pound of a pale, clear, yellow oil. There is no way possible to even have two pounds of identical batches of eucalyptus essential oil, even if you extracted both batches from plants grown in the same area during the same growing season because you would have to use leaves from more than one plant. Every plant is unique. If a bacteria has been exposed to a bottle of Eucalyptus essential oil and managed to survive and take the knowledge of

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**

how it survived with it and pass that knowledge on, it won't do it any good. The bacteria may have made some changes in order to survive, but the next drop of Eucalyptus essential oil is not going to be the same as the first drop, those changes are no longer effective. The uniqueness of each drop of essential oil guarantees minute changes that make them consistently effective in the fight against superbugs. An antibiotic created in a lab must be identical, each batch is tested to make sure that they fulfill certain parameters and are identical, that's the point of creating them synthetically, it rules out the variables.

Not all essential oils are treated with the same respect. There are many essential oils on the market today that have additives put in them. These are synthetics that are added to extend an essential oil (making it so that companies have more essential oil to sell), some of these synthetics are known carcinogens, but the essential oil market is not very regulated. There are many things that can be done by those who do not respect the purity of an essential oil in order to make it cheaper and also less effective. Legally, an essential oil can be labeled 100% pure and be extended by up to 50% with a carrier oil such as Jojoba, coconut oil, or even a different, cheaper essential oil. You need to know and understand what types of certification a company offers, research the company that you are contemplating buying oils from and find out what their commitment is to purity. The Be Young brand of essential oils are truly 100% pure, none of their essential oils contain carrier oils or synthetics. They are regularly tested and certified to make sure that their goal of 100% pure is carried out.

Be Young essential oils has put together a package of five essential oils and essential oil blends designed to help protect you from and assist with the challenges of MRSA, Staph infections, and other superbugs. This Staph pack consists of the three essential oil blends created by Dana Clay Young, PhD; Guardian, Defence, and Spice for Life. It also has two single essential oils—Eucalyptus and Tea Tree. The Spice for Life blend was engineered to specifically combat viruses, the Guardian blend was engineered to specifically combat fungus and the Defence blend was specifically engineered to combat bacteria. Let's review how you would use these essential oils to protect yourself from superbugs or to help your body rid itself of the challenge of a superbug infection.

Our goal here is to stay one step ahead of the superbug's attempts to morph and survive. If you'll recall, earlier I mentioned that scientists now have strong enough microscopes that they can watch an L-form morph from a bacteria, to a virus, to a fungus, and back again. This is why we use these three essential oil blends found in the Staph pack. Viruses are the least active in the morning, so in the morning with breakfast we would take one drop of the Spice for Life essential oil blend. This is a spicy oil that tastes pretty good. You can just take one drop of this oil and put it on the palm of your hand and lick it off. You could also make a tea from it by mixing one drop of Spice for Life into a teaspoon of honey and then melting the mixture in a cup of hot water (mix the oil into the honey first or your oil will all float on the surface of your water). You could put the drop onto a slice of apple and then use a toothpick to poke holes in the apple so the oil goes inside and then eat your apple. You could also put your drop in a capsule and then swallow the capsule. You can even simply apply the oil to the bottom of your feet. (Note: we often get exposed to superbugs through the digestive system from consuming something that was on a food or from touching our lips with our fingers, etc. The greatest level of protection is achieved by taking these oils internally. If you have systemic infection you definitely want to go the internal route.)

Around noon-time when fungus is least active we do the same thing, but with the Guardian blend. Now, Guardian isn't the yummiest essential oil, so I don't recommend just licking it off your hand, but I know some people who do. This one I prefer to take in a capsule, but you are free to find the way that works best for you.

Bacteria are the most active around 4:00-6:00 pm, that is when we want to use our drop of Defence blend. This one isn't very yummy either. Again, I prefer this one in a capsule, find what works for you.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**

As we follow this routine of taking one drop of Spice for Life in the morning, one drop of Guardian around noon, and one drop of Defence blend in the early evening we are providing our bodies with the tools they need to go out, seek, and destroy the MRSA or Staph wherever it might be located in our body. One drop of each essential oil per day is referred to as the maintenance level.

You may be wondering why we have the Eucalyptus and Tea Tree oils in this pack as well. Eucalyptus is the number one essential oil for strengthening and supporting the immune system. Our immune system is what is really doing the work of protecting us. Every day after you take your shower or bath apply one drop of Eucalyptus oil to the chest, another to the back, and another to the bottom of the feet. This will help strengthen and support your immune system. Tea Tree essential oil is a marvelous disinfectant. Any time you have any kind of a break in the skin, a rash, or an irritation, apply Tea Tree to the area. By doing this you are preventing superbugs from entering your body. By using these oils every day and by applying an extra dose of the Eucalyptus just before going to the hospital or doctor's office you are applying a protective barrier to your body. It's kind of like putting on armor before going into battle. The Eucalyptus and Tea Tree are your body armor used to protect yourself and your Defence, Guardian, and Spice for Life blends are the weapons your body will use to defend itself. Essential oils have been around since the beginning of the world and bacteria have never been able to defeat them, use this to your advantage!

In order to protect yourself and your family you should all be using these essential oils every day in the fashion I have just described. What do you do if you have already contracted a MRSA or Staph infection? You will follow the formula described above but at a more concentrated level. If you have a mild or new infection you would use four drops of each of the essential oils at the times mentioned. Do this for at least a month straight, don't miss a day, and then you can drop back to the maintenance level. If you struggle with the doses, drop back a little to 2-3 drops instead of four drops. This is referred to as the crisis level. If you have been fighting a particularly aggressive infection or one that is reoccurring then you would want to work your way up to the acute level of 6-8 drops of each of the essential oils. Increase your immune system's strength by adding 3-5 drops of Eucalyptus to 1 cup of Be Young's Starflake bath salts, then soak in a tub of hot water with these salts added (be sure to rinse off afterwards as this will draw toxins from the body to the surface of the skin). If you have an outbreak of MRSA on the body do a soak but add 2-3 drops of Eucalyptus oil to the Starflake salts and 2-3 drops of Tea Tree. This will help calm down the skin outbreak. Some people have more aggressive infections than others; they may find that they need to do a higher dosage of the oils for six months. Do not quit taking your prescribed medications, continue consulting with your doctor, and you will find that eventually you will be able to quit using an antibiotic and you won't have to worry about the MRSA. The key here is consistency.

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

Debby or Penny Swann
208-852-2295
www.TracesEtc.com

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBDD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2010 (208-852-2295, www.TracesEtc.com)**