BONE INFECTION

- **Anti-inflammatory diet – see under "Anti"**
- **2,000 mg Vitamin C 3-4 times a day**
- **Garlic contains allicin, antimicrobial properties. Eat 2-3 raw garlic cloves daily or take garlic oil caps. You can also add to soups, teas or dishes you eat.**
- **3-4 drops Oil of Oregano 3 times a day. Put at back of tongue, then swallow water to wash down. If it is bone infection in the mouth, drop the oil of oregano straight on the infected area 3 times a day.**
- **Boswellia- 300-500 mg 2-3 times day helps reduce inflammation of bone.**
- **Manuka honey destroys harmful bacteria, helps wound healing.**
- **Echinacea supports antibacterial and anti-inflammatory actions.**
- **Turmeric – 1 tsp powder in glass warm milk, or take 400-600 mg curcumin supplements daily. Turmeric is enhanced when combined with black pepper.**