E COLI INFECTION

E coli normally resides in the bowel, but there are ways it can escape and transmit into other areas of the body which then become dangerous.

<u>Remedies:</u>
Apple Cider Vinegar
Turmeric
Colloidal Silver
Garlic
Goldenseal root – natural anti-biotic
Probiotics – lots of it

Avoid:
Touching animal feces, bird feces – wear gloves if you need to work with those

When wiping after a bowel movement, be careful not to drag the feces forward into the urethra area where it can migrate up into the bladder and kidneys.