FOOD POISONING

TYPES:

Bacillus cereus – bacteria usually obtained from leaving cooked rice unrefrigerated for more than an hour. You should reheat cooked rice only once. There are some cultures where Rice is cooked in the morning/afternoon and usually left out until dinner time and leftovers are then refrigerated. For people with no refrigerators the rice is soaked in clean drinking water and let ferment overnight at room temperature to be had for breakfast the next morning and the people build up a tolerance to the spores. But it can cause vomiting and diarrhea.

Botulism – caused from bacteria Clostridium botulinum. This can be fatal and is caused by improper home-canning, preserving and fermenting foods. This bacteria favours low oxygen or no oxygen environment, low acid, low sugar, low salt, grows within a certain temperature range and a certain amount of water. Symptoms: double vision, difficulty speaking, breathing, swallowing, nausea, vomiting, abdominal pain, diarrhea, muscle weakness. It takes 12-48 hr after exposure to manifest, but has been recorded as long as 8 days after exposure. This has also been found in asparagus, beets, corn, stuffed eggplant,, smoked fish, salted fish, green beans, ham, lobster, luncheon meats, mushrooms, peppers, sausage, soups, spinach and tuna. Freezing, drying and treating with sodium nitrite prevents the spores from growing and producing toxins. Make sure you heat food to at least 176F for 30 min. To prevent food poisoning.

Campylobacter – this bacteria is the number 1 cause of diarrhea. It comes from eating raw or undercooked poultry or eating something that touched it (cutting boards not cleaned after cutting up raw poultry). You can also get it from seafood, meat and produce, by contact with animals and drinking untreated water. Most people recover on their own, some are given antibiotics. Campylobacter infection is the most commonly identified cause of Guillan-Barre syndrome. It takes 2 – 10 days for symptoms to show after exposure.

Clostridium perfingens – this bacteria is present normally in decaying vegetation, marine sediment, intestines of humans, insects and soil. It is a common cause of food poisoning. It happens usually when food is kept at an unsafe temperature (40F – 140F). So leaving food out too long at room temperature will cause the bacteria to grow, ultimately causing illness. It can double within 20 minutes. It takes 9-15 hours for symptoms to show after exposure.



Giardiasis – This is common, causing nausea, gas, abdominal pain, cramping, diarrhea and if severe causes malabsorption problems and weight loss. It manifests 1-3 weeks after ingestion and can last 2-6

weeks. This is a microscopic parasite that lives in the water and so if drinking water is not processed properly or you swim in contaminated water, you can receive the infection.

Listeriosis – Rare but possible. Symptoms come 2-4 weeks after contact. Flulike symptoms with fever, chills. This bacteria can be present is food – it can survive refrigeration and even freezing so avoid the foods that contain listeria bacteria. Very hard on fetus in womb, newborns and those with weak immune systems. If it spreads to your nervous system you can get headache, stiff neck, have confusion, loss of balance, convulsions. It is found in soil, water, animal feces. Avoid raw vegetables that have been contaminated from the soil or contaminated manure used as fertilizer, from contaminated meat, from unpasteurized milk or foods made with unpasteurized milk, from certain processed foods like soft cheese, hot dogs, deli meats that are contaminated after processing. Keep your kitchen and hands and tools clean. Scrub raw veggies. Cook foods thoroughly. If you eat soft cheeses, make sure they are made from pasteurized milk. Avoid hot dogs and deli meats unless they are steaming hot. Keep fluid from hot dog packages away from other foods, equipment and wash hands after handling. Don't eat refrigerated meat spreads. If canned or self stable they can be safely stored at room temperature but refrigerate after opening. Even smoked seafood and raw or lightly cooked sprouts can be suspect.

Norwalk Virus – This is common with nausea, vomiting, diarrhea, headache. It is easily spread on cruise ships, hospitals, old age homes. If you get this virus, stay hydrated, even though the water will just pour out. Most of the people that die from this virus, is because of dehydration.

Salmonellosis – Salmonella bacteria shows 8-72 hr after being exposed. Some have no symptoms but others develop diarrhea, fever and abdominal cramps. Salmonella lives in animal and human intestines and shed through feces. Humans become infected through contaminated water or food. This can be the result of eating raw clams, oysters, raw sushi. Less common is from eggs, meat, poultry.

Staphylococcal – this can come through food poisoning. Causes vomiting, diarrhea, occasional weakness, dizziness 30 min – 8 hr after exposure. This is responsible for 25% of all cases of food poisoning. Most often found in meat, poultry, egg products, tuna, potato, macaroni salad, cream filled pastries.

Trichinosis – This shows itself 1-2 days after ingesting, causing fever, edema of eyelids, muscle pain. This is a roundworm parasite you can get from eating undercooked meat, especially pork. It can cause inflammation of the heart muscle, lungs, diarrhea, abdominal pain, vomiting, inflammation of the whites of the eyes, fever, muscle pain, rash.

Home Remedies:

1. **This is where charcoal really stands out as a simple but effective remedy. If you can buy Activated Charcoal in stores, that would be great. If you want to make it yourself: It takes a little while to burn some wood to make charcoal, but once you make it (or buy it), it keeps indefinitely until you need it. Charcoal works instantly on contact reducing the amount of poison absorbed into the blood from the stomach, and you can expect to eliminate 50-75% of the poison. You can make this even more effective if you first stick your finger down your throat to force yourself to vomit first.**
2. **Oil of Oregano – very effective against food poisoning, even Campylobacter. Can take by capsule or liquid at the first sign of a symptom. Suggest doing 5 drops every 15 minutes for 3-4 doses at the beginning. Some others suggest doing just 4 times a day.**
3. **Take a shot of whisky and a teaspoon of powdered ginger. This is old country remedy from Europe.**
4. **Garlic – tale 2 caps 3 times a day with meals helps destroy bacteria in the colon.**
5. **8,000 mg Vit. C with bioflavonoids daily in divided doses aids in removing bacteria and toxins.**
6. **Acidolphilus – take lots when you have infection in the intestines, esp. Bowel.**
7. **Herbs: At first sign of food poisoning take a dropperful of goldenseal extract, and repeat every 4 hr on day one – a natural antibiotic. Can take up to 7 days, not when pregnant.**
8. **Milk thistle and red clover help to cleanse the liver and blood.**