E COLI INFECTION

E. coli is short for Escherichia coli, a bacteria commonly found in the bowel of humans and animals. Most strains of E. coli are not harmful, but they can cause infections if they spread to the urine or blood.

Some strains invade the lining of the gut and produce toxins that damage secretory functions of the gut cells. Shiga toxin is one such toxin, capable of causing diarrhea producing watery or bloody liquid stools. Shiga is also called STEC. If it has acquired the ability to adhere to cells in the gut, it is called Enterohemorrhagic E. Coli (EHEC).

You acquire EHEC if you ingest material contaminated with infected fecal material from say eating contaminated partially cooked or raw ground fee, or raw produce like bean sprouts.
Hands can be contaminated from petting animals (eg. In children's zoo) or touching an infected person. Even a small number of bacteria can cause disease and can spread easily.

Symptoms usually start a few days after ingestion. Hospitals will confirm Shiga with a stool sample. This should be taken seriously. Shigan can enter the bloodstream and cause kidney damage that may be permanent; elderly and develop a condition that reduces platelet count causing bleeding and clotting problems including stroke or seizures. Reduced urine flow,, anemia are other complications that are possible.

Medical treatment is using antibiotics. In January 2012 the Bloomberg report reported a European deadly outbreak where unfortunately antibiotics made the poison worse by causing the bacteria to burst open, releasing more Shiga. The report said there was no treatment for the infections which sicken 150 million worldwide and kill more than 1 million each year. There are some other things you can do to help.

<u>Remedies:</u>
Manganese element was found to protect cells against heavy doses of the toxin
Apple Cider Vinegar
Turmeric
Colloidal Silver
Garlic
Goldenseal root – natural anti-biotic
Probiotics – lots of it
Homeopathic E. Coli

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.