

Healthy Living Newsletter February 2024

Stealth Pathogens May Be Compromising Your Health

Greetings and Happy New Year

I have an important topic to introduce this month.

Stealth Pathogens: I often see patients with several to many chronic symptoms which never add up to a specific diagnosis in the doctor's office. It might be a recurring skin rash or odd intermittent pains, allergic reactions that don't have an obvious cause, respiratory problems that never go away, a virus that goes dormant like herpes, or food poisoning that seemed to clear but didn't, candida that changes into some other fungus. Often, it's chalked up to aging.

Patients will tell me about a health issue from the past and then say, "I've never been well since." This is likened to a computer being hacked and you don't feel right but all the conventional lab and diagnostic testing comes up negative. An antibiotic or other treatment has been used and at first, it's successful but then either symptoms come back, or other symptoms appear. What has happened is complicated but to keep it simple we say the pathogen has become stealth. It could be a virus, bacteria, parasite, mycoplasma or fungi that has altered its makeup so that it is undetectable by the immune system. Now these "critters" can lay in wait for an opportunity to come out of hiding and cause illness.

Treatment: Treating this takes whole plant herbs that are pulse dosed to trick the stealth critters to come out of hiding and then get eliminated. The treatment is usually 4 days of one treatment followed by 10 days of a different treatment. This is done for 12 weeks and then a break is taken, and health is reassessed.

I have seen dramatic results in different individuals, and it is an easy program to follow. There are no dietary restrictions, and the herbs are

usually well tolerated. If you are interested in the Stealth Pathogen protocol please contact me know and I'll get you started.

This is different than the food based 28-day purification cleanse which is helpful in refreshing all the organs like a good spring cleaning. It helps all the organs clear out any byproducts of metabolism which can help us feel more energy overall.

Group Cleanse: I will still offer my usual 28-day purification cleanse group at the end of March. Dates to be arranged.

In Health,

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