



DR ELSTEIN'S WEEKLY HIGHLIGHTS

from the world of health and nutrition

Protecting Against the E-coli Outbreak

This outbreak of food poisoning had its origins in Germany but it has surfaced all over the planet and where it's going to land up next is anybody's guess. It's already claimed human lives and that is because antibiotics are ineffective, which means that the medical treatment that is being offered to beat this highly virulent strain of bacterium, is a big round doughnut.

Here's a list of the natural remedies that might prevent this bug from establishing itself in a gut near you. It has to be said though, that the form of e-coli that has been identified is a mutant species and therefore the strategies outlined below, are speculative and not a guaranteed prevention or cure. The bacterium responsible for the current outbreak of infections in Germany is a strain that has never before been isolated in humans. The virulent strain mentioned below is not the same as the mutant strain. Lactobacilli and bifidobacteria are considered to be beneficial immune-boosting bacteria. As you will discover these trials are mostly conducted on animals.

- In mice a type of lactobacillus called *L. reuteri* was able to provide at least partial protection against a lethal form of e-coli.
- Mutaflor, which is a supplement of the non-harmful form of e-coli might be protective against the virulent strain. Research on pigs has shown that when they were given the beneficial e-coli, diarrhea caused by the harmful strain abated.
- In a cell culture experiment combinations of lactobacilli and bifidobacteria species were shown to be protective against toxic e-coli with a type of bifidobacteria called *B. adolescentis* being the most effective in inhibiting the growth of the e-coli.
- A harmful form of e-coli found on alfalfa seeds was inactivated by caprylic acid found in coconut cream.
- Lactoferrin, an immune boosting protein, has been shown to inhibit pathogenic e-coli in mice.
- *Saccharomyces boulardii*, a form of dry yeast, was able to reduce the death rate in pigs exposed to e-coli. *Saccharomyces boulardii* exerts a preventive effect on e-coli infection by inactivating the lethal toxin produced by this lethal bug.
- Vitamin A supplementation has been shown to shorten the duration of e-coli infections in children and reduce its prevalence.
- *Candida albicans*, a yeast and found in the gut under normal circumstances can mutate into a harmful organism, which can weaken the immune system of the bowel. A yeast and sugar-free diet helps to mitigate yeast overgrowth.

Therefore a yeast and sugar free diet added to a combination of lactobacilli, bifidobacteria, mutaflor, lactoferrin, caprylic acid, vitamin A and *saccharomyces boulardii* may be what is needed to combat the lethal outbreak of e-coli.