



BITHSCILEANNA A CHOMHRAC

CÉN FÁTH DO ANTIBIOTICS ANTI FungALS f AIL

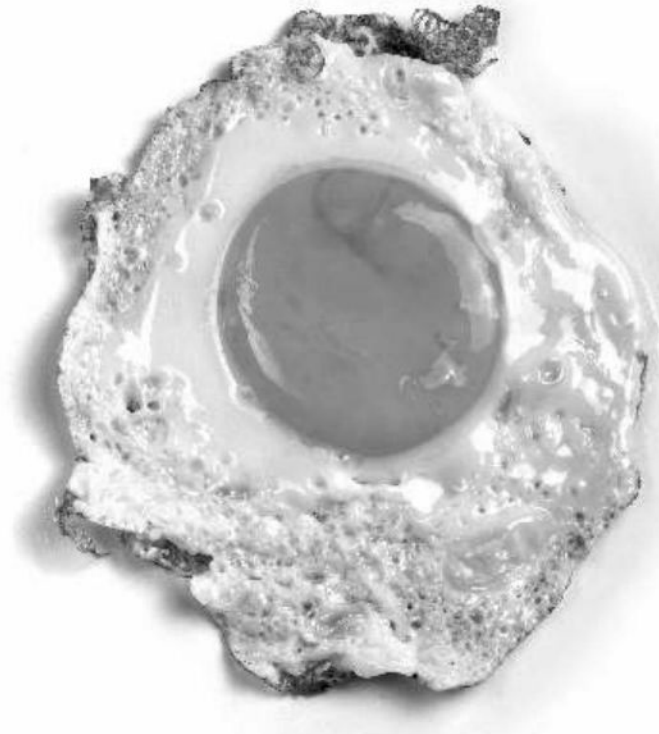
Réitigh do Ghalar Lyme, Sinusitis Ainsealach,
níúmóine, Ionfhabhtuithe Giosta, Créachta, Cluas
Ionfhabhtuithe, Galar Guma, Galar Stéigeach,
Droch-anáil, Fiobróis Chisteach agus Ionchlannáin

Píosa MÓR ISTEACH I PUZZLE GALAR Ainsealach

JAMES SCHALLER, M.D., M.A.R.
KIMBERLY MOUNTJOY, M.S.

Cad is Biofilm ann?

An sainmhíniú simplí, eolaíoch bithscannán: aon ghrúpa de mhicrorgánaigh ina gcloíonn cealla lena chéile ar dhromchla. De ghnáth bíonn siad taobh istigh de shraith a chruthaíonn siad ar a dtugtar “slime.”



Cuir biofilm i gcomparáid le huibhe friochta. Is ionfhabhtú baictéarach nó fungach é an buíocán buí i lár an ubh friochta.

Is féidir “bithscannán” a thabhairt ar an gcuid bán is mó atá timpeall ar an buíocán. Cosnaíonn sé an t-ionfhabhtú inmheánach, nó buíocán, ó antaibheathaigh agus ón gcóras imdhíonachta daonna araon.

Léiríonn imeall seachtrach an ubh roinnt imill friochta an-bheag. Tá siad éasca a chailleann mar gheall ar mhéid an ubh. Táimid chun ligean orthu gur antaibheathaigh, nó ceimiceáin a mharaíonn ionfhabhtuithe iad. Tá siad gan úsáid mar gheall ar an bhfíric nach n-éiríonn siad choíche ar imeall bán seachtrach na huibhe. Tá an bán ubh mar bhalla dóibh.

Cé A bhfuil Ionfhabhtuithe Bithscannáin aige?

Nuair a fhoghlaimíonn tú faoin éagsúlacht ollmhór atá ann maidir le láithreacha agus cásanna ina mbíonn bithscannáin coitianta agus nuair a mheasann tú gurb iad sin gnáth-staid na mbaictéar agus na n-orgánach fungasach, tuigeanntú go bhféadfadh ionfhabhtú nó ionfhabhtuithe bithscannáin a bheith ag duine ar bith.

Cad A Bhfuilimid Ag Lorg Sa Leabhar Seo?

Léireoidh an t-ábhar seo a leanas go leor bealaí chun briseadh tríd an “bán uibhe,” nó an bithscannán. Chomh luath agus a tharlaíonn sé sin, de ghnáth bíonn sé i bhfad níos éasca an t-ionfhabhtú a léiríonn an buíocán uibhe nó an t-ionad buí a bhaint de.

Is Príomhchúis le Fulaingt agus Bás iad Bithscannáin

Suímh agus Staideanna Coirp Bithscannáin

- Ionfhabhtú a mhaireann thar 2 sheachtain
- An príomhchúis le bás leanáí faoi 6 bliana d'aois
- Plaic fiaclóireachta - tá thart ar 25,000 speiceas baictéir ag béal an duine, a bhfuil thart ar 1,000 acu ina gcónaí sa bhithscannán plaic fiaclóireachta.

• Ionfhabhtuithe giosta

• Ionfhabhtuithe iar-mháinliachta

• Ailse

• Droch-anáil

• Galar guma nó peirceintitis*

• Lobhadh fiacla •

Ionfhabhtuithe scamhóg

• Ionfhabhtuithe sa chóras urinary

• Baictéir bhéil - is féidir leo dochar a dhéanamh d'artairí croí agus bás a chur faoi deara agus méadú ar ailsí intestinal

• Ionfhabhtuithe cluaise ainsealacha

• Ionfhabhtuithe sinus**

• Tonsillitis ainsealach

• Créachtaí

• Cinn scuab fiacla – lena n-áirítear stíleanna cloiginn gluaisteach sonach

- **Cataitéir chun fual a bhaint**
 - **glúine saorga, cromáin, agus athsholáthairtí eile**
 - **Ionfhabhtuithe comhla croí**
 - **Loit nó cneácha**
 - **Galar Lyme**
 - **Cataitéir IV d'aon chineál**
 - **Cataitéir urinary**
 - **Lionsaí tadhail**

 - **Feistí ionchlannaithe - is féidir le haon fheiste ionchlannaithe nó ionsáite baictéir a sheoladh chuig an inchinn, ae nó duáin.**
 - **Ionfhabhtuithe próstatach ainsealacha**
 - **Galar an Legionnaire agus go leor baictéar biotocsain eile a phléascann in aon uisce laistigh**
 - **Tinnis mhúnla – is féidir a bheith mar thoradh ar mhúnla in aon uisce seasaimh laistigh, .i. tuilte, sceitheadh díon, íoslach nó fuinneoige, humidifiers, Waterpik™ neamhúsáidte nó gléasanna glantacháin fiacail eile, comhdhlúthú i nduchtanna**
- AC, etc. fiobróis - cuireann táirgeadh mucus iomarcach ar na haerbhealaí ar chumas baictéir mar Pseudomonas aeruginosa mar fóirí baictéar a bhualadh taobh thiar de chóta bithscannáin.**
- **Codanna coirp cailte**
 - **Ionfhabhtuithe craicinn, gruaige nó ingne**
 - **Airtríteas**
 - **Endocarditis**
 - **Ionfhabhtuithe cnámh**
 - **Acne**

D'fhéadfaí go leor rudaí eile a chur leis an liosta, lena n-áirítear saincheistanna fíor-thromchúiseacha éillithe bithscannáin in uisce agus an iliomad cleachtas eile a bhaineann le sláinte agus déantúsaíochta.

***Lean an Dochtúir David Kennedy, fioclóir ar scor, go bhfuil galar guma ag an gcuid is mó de na Meiriceánaigh fásta - riocht bithscannáin baictéarach eile a bhaineann le hionfhabhtú ainsealach. Mar sin cé chomh forleathan is atá an eipidéim chúram sláinte stealthy seo?**

****Ag Ondine Biopharma, léirigh agallamh [le Richard Longland] go bhfuil (nó go raibh) fadhb sinus ainsealach ag 38,000,000 duine sa tír seo.**

*****Ricardo Murga; Terri S. Forster. Ról na bithscannáin i marthanacht Legionella pneumophila i múnla córas uisce inólta. Micribhitheolaíocht (2001), 147, 3121–3126.**

BITHSCILEANNA A CHOMHRAC

Cén Fáth a Theipeann ar Do Antaibheathaigh agus Antifungals

**Réitigh do Ghalar Lyme, Sinusitis Ainsealach,
niúmóine, Ionfhabhtuithe Giosta, Créachta, Cluas
Ionfhabhtuithe, Galar Guma, Galar Stéigeach,
Droch-anáil, Fiobróis Chisteach agus Ionchlannáin**

Píosa Mór ar Iarraidh sa Phuzal Galar Ainsealach

**James Schaller, MD, MAR
agus**

Kimberly Mountjoy, MS

**Preas Idirnáisiúnta um Ghalair Thógálacha
Túir an Bhainc • Ionad an Gheata Nua (Sraith 305)
5150 Tamiami Trail Thuaidh [Highway 41]
Napoli, Florida 34103**

Freagraí Reatha um Tharrtháil Beatha Bithscannáin a Dhéanamh Glan agus Rock Soladach

Faoi láthair d'fhéadfá dhá bhliain de roghanna buaite bithscannáin a léamh i bpáipéir, i mblaganna agus i leabhair. Thógfadh sé seo tú 1,000-1,500 uair an chloig. Agus bheadh roinnt roghanna le moladh agat. Seo a leanas roinnt samplaí de na roghanna a gheofá sna páipéir, sna blaganna agus sna leabhair sin:

Seachain maignéisiam	EDTA	Glóthach ríoga
Seachain siúcraí agus gráin	DMSO	Tím
NAC	Vancomycin	Féar líomóide
Norspermidine	Gentamicin	Serrapeptidase
Cis 2- Aigéad Decenoic	Bandaróil	2-Aminobenzimidazole
Lumbrokinase	Seachain sailte	Echinocandins

Conas Margaíocht Réasúnta agus Muinín a Fháil i nGníomhaire Bithscannáin mar Réiteach?

Blagálann Tom agus Lisa an táirge sin “x” agus oideas “d” mar chóireálacha eisceachtúla chun an bonn a bhaint d'ionfhabhtuithe bithscannáin i dTuirse Ainsealach (CFS) agus Fibromyalgia (FM). Tá sceitimíní ar dhaoine ós rud é nach bhfuil aon réiteach mór ag a ndochtúir rialta agus nach bhfuil aon suim acu in ionfhabhtuithe bithscannáin.

Is é an deacracht atá ann go bhféadfadh úsáid a bhaint as “x” nó “d” chun an bonn a bhaint de bhithscannán nó chun cabhrú le tinneas a sháru. Ach bí cúramach naisc thapa a dhéanamh. D'fhéadfadh cóireáil “a” a bheith ag obair i mbithscannán deich n-ionfhabhtú, agus níl ach cruthúnas againn go n-oibríonn sé i dtrí ionfhabhtú.

Is é an sprioc atá againn ná a thaispeáint duit cad a léiríonn taighde maith ionas gur féidir leat féin agus do dhochtúir tosú le fíricí agus go mbeidh tú in ann an chúis atá taobh thiar d'aon triail bithscannáin a d'fhéadfadh a bheith ann a thuiscint.

Mar shampla, d'fhéadfadh go mbeadh d'ionfhabhtú cosúil le Lyme agus iarann á húsáid aige. Tuairiscíonn Saito agus go leor eile gur féidir le *Borrelia*, is cúis le galar Lyme, a bheith ann gan iarann, miotal atá de dhíth ar gach saol eile, murab ionann agus gach orgánach eile. Ina áit sin, úsáideann *Borrelia* mangainéis.

Cad a tharlaíonn má aimsítear go bhfuil an cumas céanna ag do bhreiteacht bithscannán-bhunaithe maireachtáil go maith gan iarann? D'fhéadfadh go gciallódh sé go n-oibreodh gníomhaire bithscannáin a bhaineann an bonn de bhithscannán an ghalair Lyme duitse. Is gnách go mbíonn leochaileacht den chineál céanna ag bithscannáin ionfhabhtaithe baictéaracha agus fungacha le réabóir bithscannáin. Má bhíonn eolas agat ar an gcaoi a n-oibríonn d'ionfhabhtú b'fhéidir go gcabhródh sé sin le fáil amach cén gníomhaire bithscannáin a oibreoidh.

<http://phys.org/news/2013-03-scientists-reveal-quirky-feature-lyme.html#jCp>. Ar rochtain 26 Márta, 2014.

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Réabhlóid Leighis

Is réabhlóid dhomhain í teoiric an ionfhabhtaithe bithscannáin maidir le staidéar a dhéanamh ar ionfhabhtuithe ar féidir leo a bheith pianmhar, díchumasaithe agus go deimhin is sármharfóirí iad ag brath ar aois an duine.

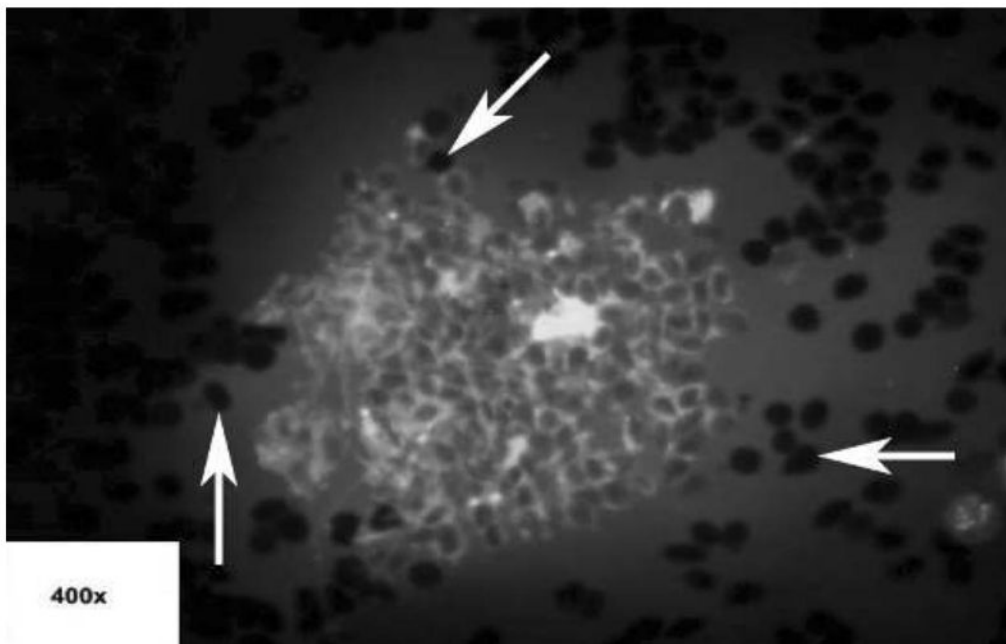
Tá ionfhabhtuithe ag tosú ag filleadh ar na laethanta a fuair daoine bás de bharr ionfhabhtuithe simplí. D'fhéadfadh an domhan ionfhabhtaithe biofilm nua níos mó daoine a mharú ná an Dara Cogadh Domhanda agus an Dara Cogadh Domhanda le chéile mura n-athraíonn rudaí go tapa i náisiúin forbartha agus neamhfhorbartha. Mar gheall ar thuiscint mhall ar thábhacht bithscannáin agus mar sin, go nglacfaidh lianna réitigh nua bithscannáin go mall, ní fhéadfaidh fiú dochtúirí ceannródaíocha bithscannáin a ghlacadh dáiríre ach amháin nuair atá sé cruthaithe go bhfuil níos mó daoine faoi mhíchumas agus go bhfaighidh siad bás dá bharr. . Faoi láthair, chailleann an chuid is mó bithscannáin mar chúis na fulaingthe agus an bháis. Mar sin, tá bithscannáin gan réitigh chomh tromchúiseach agus a bhí polio sa 19ú haois gan vacsaín, agus i dtéarmaí líon na n-íospartach, tá siad i bhfad níos scriosta ná VEID/SEIF.

Cónaíonn formhór na mbaictéar i bpobail a mbíonn bithscannáin chosanta uathúla acu de ghnáth. Tá 1% de na baictéir a ionfhabhtaíonn daoine nó a théann i bhfeidhm ar shaol an duine ag snámh leo féin agus nuair a fhaightear san fhuil iad, ní bhfaighfear iad in éineacht le haon slaim bithscannáin.

Measann na hInstitiúidí Náisiúnta Sláinte gur bithscannán is cúis le níos mó ná 80% d'ionfhabhtuithe miocróbacha sa chorp daonna, agus go leor acu ag cruthú fadhbanna ainsealacha agus athfhillteacha. Nó, an bhfuil Glowacki ceart agus 99% de na baictéir beo i mbithscannán? Cibé an n-úsáideann tú NIH's 80% nó Glowacki's 99% mar mheastachán, is breithniú tromchúiseach iad bithscannáin maidir le hionfhabhtuithe.

Gyowacki R, Strek P, Zagórska-Swiezy K, Składziey J, Olej K, Hydzik-Sobocińska K, Miodojski A. [Bithscannán ó othair a bhfuil rinosinusitis ainsealach orthu. Staidéir moirfeolaíoch SEM]. [Airteagal sa Pholainnis]. Otolaryngol Pol. 2008; 62(3):305-10.

Íomhánna Bithscannáin Tosaigh



Sedán aoncheallacha nua giniúna uathúil a tháirgeann bithscannán darb ainm FL1953 nó *Protomyxzoa rheumatica*. (Is é an smearaidh speisialta seo an bealach is fearr chun na paraisítí aoncheallacha seo a bhrath i gcorp an duine, ós rud é nach mbíonn tástáil DNA nó PCR dearfach i gcónaí).

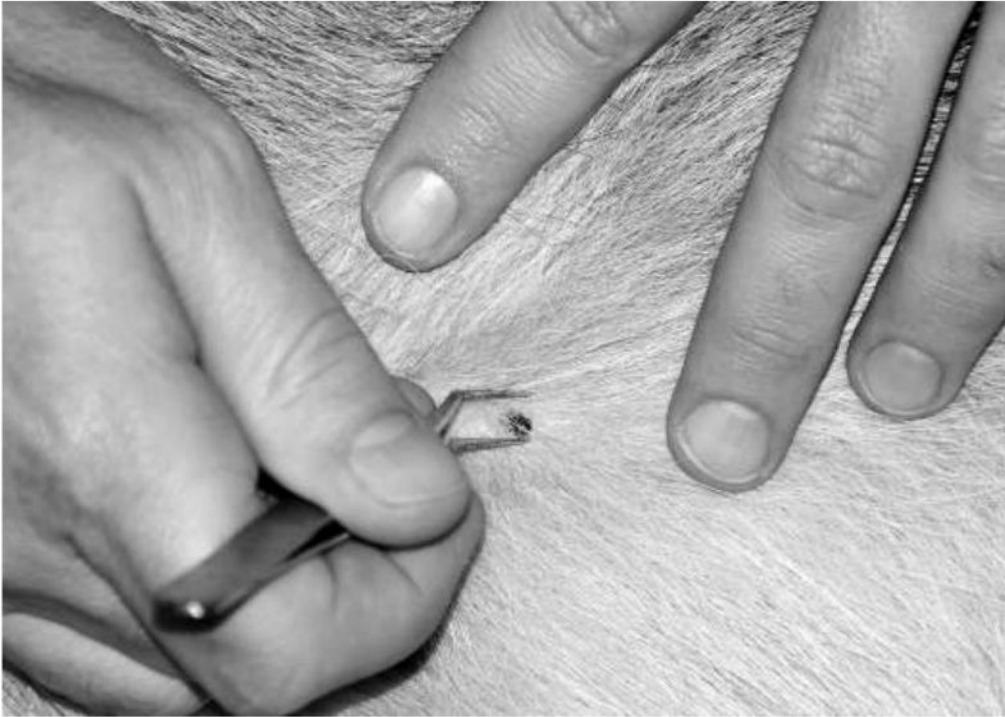
Is iad na céad ubhchruthacha dorcha ar an taobh amuigh den íomhá seo a thaispeántar thuas ná fuilchealla dearga ar mhéid 8 micrón (RBCanna). Is liathróid bhithscannán é mais an lárionaid le go leor cealla fola dearga i mais an bhithscannáin.

Faightear an bithscannán seo a léirítear thuas go coitianta i measc daoine a bhfuil ionfhabhtuithe sceartán-iompartha orthu mar an *Bartonella* an-choitianta, baictéar *Bor-relia* an ghalair Lyme, agus *Babesia* marfach. Cé go bhféadfadh roinnt galair sceartán-iompartha a bheith níos measa ná cinn eile nó níos coitianta ná cinn eile, d'fhéadfadh go mbeadh siad go léir marfach mura ndéantar iad a dhíothú. Is ionfhabhtú aoncheallach é an parasite seo a léirítear thuas a bhaineann le *Babesia* agus le maláire, agus nuair a bhaintear as a bhithscannán é, bíonn cuma mhaláire neamhaibí air. De réir na nIonad um Rialú Galar, is protozoan uathúil é seo. Níl sé *Babesia* ná maláire. Tugtar FL1953 nó *Protomyxzoa rheumatica* ar an ionfhabhtú seo. Déanann sé méideanna ollmhóra bithscannáin agus tá na céadta cealla fola dearga san ionad ollmhór sa phictiúr seo.



Agus muid ag féachaint ar orgáin agus ar chúiseanna éagsúla bithscannáin, níor cheart dúinn veicteoir d'ionfhabhtuithe bithscannáin a iompraíonn breis agus 200 dúil bheo ar thrí mhór-roinn ar a laghad a fhágáil amach — tic Ixodes. Iompraíonn sé ar a laghad dhá dhéantóir bithscannáin thromchúiseacha: FL1953 agus na baictéir Lyme atá thar a bheith casta go géiniteach. Táimid fós ag foghlaim faoi na hionfhabhtuithe go léir a d'fhéadfadh a bheith ann.

Tabhair faoi deara go bhfuil cuma féar mór ar an ghruaig, mar sin is codán den mhéid seo an tic seo. Nuair a chomhcheanglaíonn tú dofheictheacht le bite a bhfuil pianmharú aige, frith-histamine, frith-théachtach agus gníomhaire frith-athlastach, tá iompróir ionfhabhtaithe stealth agat. Tá ceimiceán seile tic amháin, Sialostatin L, chomh maith sin le heinsím imdhíonachta faoi chois go bhféadfadh sé bac a chur ar asma (Horka 2012).



Is féidir le madraí a bheith ina gcara is fearr le fear, ach ní má dhéanann tú teagmháil lena seile agus ní má thugann siad sceartáin nó dreancaidí isteach i do theach nó i do charr. Glac leis gur dócha go bhfuair gach madra agus cat a chónaíonn taobh amuigh den chathair greamanna sceartán nó flea.



“Bithscannáin” a Dhéanamh Soiléir

Tá bithscannán cosúil le dime i lár linn d'ola olóige, agus ar imeall seachtrach na hola tá piobar a léiríonn cealla a mharaíonn ionfhabhtú. Ní féidir leo bogadh isteach chun an dime a scrios. Is iad pobail na mbaictéar bithscannáin gnáthstaid na n-ionfhabhtuithe daonna is mó. Múintear dúinn gur baictéir aonraithe iad ionfhabhtuithe a bhíonn ag snámh thart agus is earráid thromchúiseach í seo.

Léiríonn sé cé chomh fada agus is gá dúinn dul san eolaíocht más rud é go bhfuil an príomhfhoirm baictéir—pobail na mbaictéar bithscannáin - is coincheap nua, ach ríthábhachtach é. Nuair a rinne mé liosta i 2004 de chúig rogha is fiche chun bithscannáin a mharú, ní raibh mórán suime ann.

Sa lá atá inniu ann, is tubaiste sláinte é an neamhábaltacht chun biofilms a mhilleadh le roghanna éagsúla.

Is é an sprioc atá leis an leabhar seo a scríobh agus a fhoilsiú ná sraith roghanna atá bunaithe ar athchuardach inacmhainne a dhéanamh mar aon le roghanna eile a d'fhéadfadh a bheith ann, leabhar íon réitigh a chur i láthair a thairgeann na réitigh reatha agus is nuai is féidir do na céadta galar a bhaineann leo. le bithscannáin. Is féidir bacainn scannáin bhitheolaíoch a bhaint nó a pheannáil leis na gnáthroghanna a úsáideann lianna, speisialtóirí ionfhabhtuithe, naturopaths, scoileanna leigheas malartach, cleachtóirí ola riachtanach, acupuncturists, cleachtóirí altra nó luibheolaithe.

Leis an leabhar seo tá súil againn freastal ort féin agus ar do dhochtúir/leighis trí na roghanna atá ar fáil anois a fhiosrú. Rinneamar cuardach le cúig bliana anuas d'fhoilseacháin ar PubMed—an bunachar sonraí ollmhór d'eolaíocht leighis—le haghaidh “cóireáil bithscannáin.” Tá an raon roghanna go hiontach agus ní i gcónaí rudaí a mbeifeá ag súil leo. Tá an leabhar seo i gceist le roghanna leathana a thabhairt duit chun d'fhulaingt, míchumas agus fiú bás a chosc.

Tar éis blianta de thaighde agus staidéar, tháinig mé ar an tuiscint go bhféadfadh go bhfuil an cogadh cailte le fada ó shin ag na “saineolaithe” ar an ngalar ionfhabhtáíoch ar bhithscannán, agus go deimhin, b'fhéidir nach raibh a lán daoine ar an eolas faoi na cathanna ar fad riamh. Pa-

Samplaí an-gharr de Dhaoine agus de Bhithscannáin

Sa bhliain 2004, théarnaigh Richard Longland go han-lag ó ghalar mistéire tar éis máinliacht droma. Sna míonna ina dhiaidh sin, d'fhulaing sé go leor fadhbanna - tinneas cinn, pian comhpháirteach, agus níos déanaí fadhbanna cairdiach agus inchinn, tuirse brúidiúil agus smaointeoireacht trioblóide.

Chuir an córas leighis ina choinne, ach ar deireadh, i 2007, cuireadh cóir leighis air le haghaidh mycoplasma a tháinig ó phróiseas máinliachta a d'fhéadfadh a bheith ann, áit ar bith san ospidéal nó in áit phoiblí nó tic.

Tá idir 3 agus 200 dochtúir feicthe ag an gcuid is mó de mo chuid othar sular tháinig mé chugam. Tuigim a thaithí. Bhí ar an Uasal Longland breis agus fiche dochtúir a fheiceáil chun diagnóis a fháil. Le linn na tréimhse deacra seo, chruthaigh sé scannán den scoth dar teideal "Why Am I So Sick?" Tá sé ina iománaí othar ag baint úsáide as oibreáin chógas-maceutical agus naturopathic chun fáil réidh lena chorp de bhithscannáin bhaictéaracha baictéaracha.

Tá Edward 78 bliain d'aois agus tá triúr iníonacha agus ochtar garpháistí aige. Cuireadh san ospidéal é mar gheall ar ghanntanas anála. Tá droch níúmóine air nó ionfhabhtú ina scamhóg. Tá sé ag dul in olcas. D'éirigh le daoine aonair úsáid a bhaint as gníomhairí a sháraigh go leor níúmóine faoi chosaint bithscannáin.

Tá Linda tuirseach le tamall de bhlianta agus tá deacrachtaí aici leis an scoil. Fuair mé amach le déanaí go bhfuil roinnt ionfhabhtuithe sceartáin aici a d'fhág go raibh níos mó ná cúig thoradh déag saotharlainne neamhghnácha. Inné ghlaoigh sí, agus mar gheall ar pian taobh thiar a glúine, dúirt mé léi dul go dtí an ER. I níos lú ná lá, fuarthas go raibh sí 23 téachtáin ina scamhóga agus cosa. Tá amhras uirthi gurb é Babesia, athlasadh agus FL1953 é. Bhí gníomhairí againn a mharaigh na gníomhairí seo, lena n-áirítear FL1953, i 2006.

It would be an error to say that nattokinase, lumbrokinase, serrapeptidase, EDTA, gentamicin, vancomycin, Samento, Banderol, olive products, poorly known herbs with fair lab testing in humans, clove bud oil, diet, chelation, three to four part amino acid mixes, NAC, Rife, diet changes or a vast range of other options not listed, will **work for all biofilms**. For example, an elderly patient dying of a lung infection or another person with painful and treatment-resistant sinus infection *will not* have the same biofilm.

As a trend, trying different options to destroy a biofilm is less dangerous than allowing it to spread.

A Brief Word on Biofilms in Lyme

At times, individuals who have tick- and flea-borne infections, like Bartonella, Babesia and Borrelia (Lyme disease), can feel their treatment is minimal or incomplete. Debates rage over the diagnosis and treatment of Lyme and tick-borne diseases; whether the pain is from residual dead infection incorporated into tissue or one of the many infections carried by the I. scapularis tick, we still have patients' misery.

After writing **twelve books** which include many pages on non-Borrelia infections, “Lyme testing” seems like alphabet testing in which ***one only looks for the vowel “a.”*** Due to the lack of acceptance of the number and complexity of tick-borne infections, there is a lack of up to date education, leaving quality medical doctors to evaluate tick and flea infections in the ***abstract***, by which I mean that they very falsely and sadly do not realize the full magnitude of ***“the alphabet.”***

Specifically, they “diagnose” by ignoring inflammation alterations, nutrient changes, hormone deficits, immunity changes caused by tick-borne infections, and chemicals made or suppressed by direct tick and flea infectious agents. I discuss these in my three most recent tick and flea infection books. All are available in English. All can be found free through inter-library loan, for less than \$20 USD, or at www.personal-consult.com under the “free books” button. No one can expect to become an expert in this massive area after reading any guide or merely going to ten conferences, because these cluster infections impact twenty areas of medical and scientific knowledge.

In the last four years, researchers like **Dr. Eva Sapi have shown Lyme is like some other spirochetes—it has biofilms. These are very tough biofilms to defeat unless caught in the “acute stage.”** A tough, “mature biofilm” allows organisms to **“laugh at” many antibiotics.**

Some medical professionals interested in Lyme often ignore the immune suppressing Bartonella bacterium, which is more common than Lyme. Ignoring coinfections may increase the risk of fatality with Babesia and possibly **FL1953**. These healers also may not realize that the highly

genetically complex Lyme spirochete appears to have a troublesome biofilm. Performing a simple direct test at laboratory companies whose testing kits have reduced sensitivity will probably result in more negatives for tick-borne diseases. The ultimate result is anti-science and anti-truth. Searching for tick infections with one test is like writing in “Lincoln” at the next presidential election.

Lyme Disease (*Borrelia*) and Biofilms

Several researchers believe *Borrelia burgdorferi*, the active agent of Lyme disease, has biofilms. Lyme organism biofilms have been found in culture and in the tick gut. Lyme cysts and biofilms have also been noted in patient skin biopsies using focus floating microscopy according to Dr. Eisendle publishing in the *American Journal of Pathology*.

Further, we see in Lyme that biofilm formation is dependent on cyclic di-GMP expression and we see that in Lyme (Stricker and Johnson).

Brihuega B, Samartino L, Auteri C, Venzano A, Caimi K. In vivo cell aggregations of a recent swine biofilm-forming isolate of *Leptospira interrogans* strain from Argentina. *Rev Argent Microbiol*. 2012 Jul-Sep;44(3):138-43. PMID:23102459

Cogoni V, Morgan-Smith A, Fenno JC, Jenkinson HF, Dymock D. *Treponema denticola* chymotrypsin-like proteinase (CTLP) integrates spirochaetes within oral microbial communities. *Microbiology*. 2012 Mar;158(Pt 3):759-70. Epub 2012 Feb 7. PMID:22313692

Sapi E, Kaur N, Anyanwu S, Luecke DF, Datar A, Patel S, Rossi M, Stricker RB. Evaluation of in-vitro antibiotic susceptibility of different morphological forms of *Borrelia burgdorferi*. *Infect Drug Resist*. 2011;4:97-113. Epub 2011 May 3. PMID:21753890

Stricker RB, Johnson L. Lyme disease: the next decade. *Infect Drug resist*. 2011; 4: 1-9. PMID: 21694904

Sapi E, Bastian SL, Mpoy CM, Scott S, Rattelle A, Pabbati N, Poruri A, Burugu D, Theophilus PA, Pham TV, Datar A, Dhaliwal NK, MacDonald A, Rossi MJ, Sinha SK, Luecke DF. Characterization of biofilm formation by *Borrelia burgdorferi* in vitro. *PLoS One*. 2012;7(10):e48277. Epub 2012 Oct 24. PMID:23110225

lease of bacteria in the human body will be like a dangerous tornado in a field. It is a wise concern.

For these two problems regarding biofilm-held infections suddenly being released, here are useful solutions:

1. You need many infection killing options for use since more is better to prevent “seeding” of dispersed infection.
2. You want the biofilm killing options to destroy biofilms by different mechanisms. This makes the dispersed seeded infections naked to the immune system.
3. Biofilm tools are given initially at low doses and then increased gradually to large doses since often in the beginning patients have massive inflammation and a drastic increase in killing of biofilm organisms in a short time could cause trouble with bone marrow, liver, heart, eye, or kidney issues, or merely create more dead infectious debris resulting in patient misery.
4. You may need to pulse (use every other day) or fully stop this treatment because once a wave of biofilm eroding agents strips off or severely damages a biofilm of an infection, the same antibiotics that were useless in the past can become very effective.
5. There is no single master biofilm destroyer, yet some are broader than others.

Bartonella and Babesia Biofilms?

Most people have heard of the profoundly common tick infection Lyme disease, but they may not know Bartonella is more common than Lyme and is carried by far more vectors (Breitschwerdt). Babesia decimated the cattle population in the southern United States many decades ago and is more dangerous in humans than Lyme.

Currently, we have no solid data showing Bartonella and Babesia have biofilms.

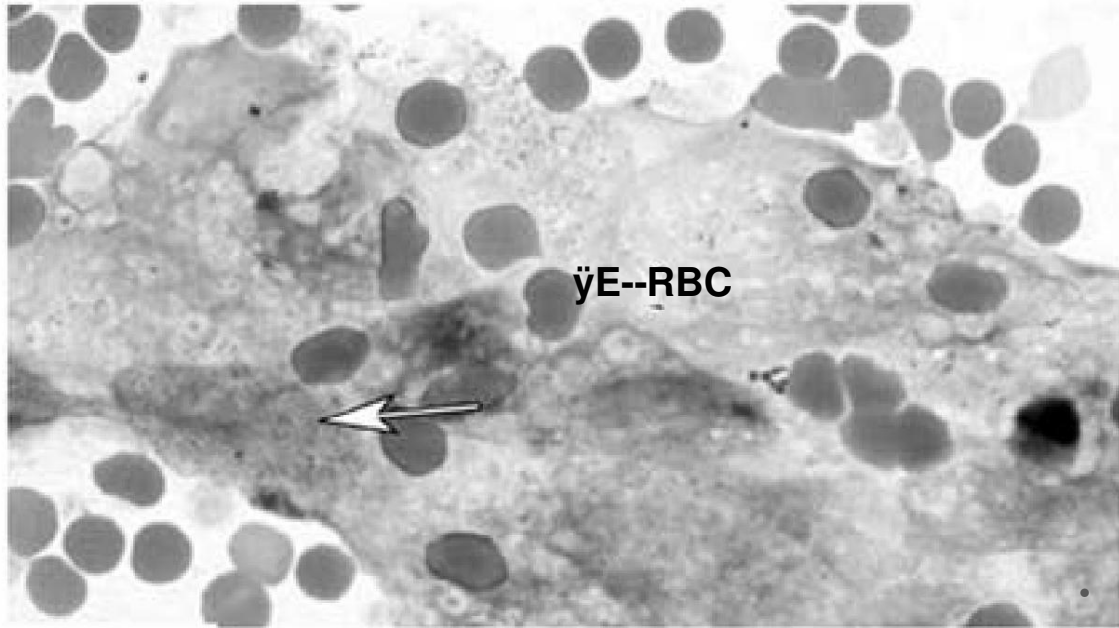
Tick and Flea-Borne Biofilms Conclusion

Below you will see that mouth spirochetes routinely have biofilms. Another spirochete is Leptospira which is able to make biofilms in many environments and may contribute to lost pregnancy in mammals (Brihuega).

In terms of tick and flea infection biofilms, I would focus on **FL1953** (Protomyxzoa) and Lyme, since both have been known and treated by us since 2006, though the former was killed without knowing its genetic uniqueness. We are learning what decreases their biofilm pathology and have agents that should work if one is open to look at diverse approaches. A synthetic “antibiotic only approach” to biofilms, including antibiotics targeted to hit biofilms, might be similar to typing with one finger.

There are herbalists, such as Stephen Buhner, who propose selected herbs to treat some tick infections. And, in terms of **primary treating herbs to kill organisms**, there are also credible options that are not always herbal in use for a tick or flea infection. We will continue to use **advanced lab testing**, typically only allowed under physician supervision, to determine by serious extensive **indirect blood exam** biochemistry tests to see which infection is actually destroyed in people experiencing benefit from herbal therapy. In any event, I enjoyed this line from Buhner: *“I can’t really say what will clear all biofilms.”*

Íomhá Bithscannáin Shamplach Eile



The dark IOWld ofVils ai:e red blood "°Us (-blade upp« crow),
 Thispaíonn an "sheet" diat ó llo ar dheis íseal« 'o'11«, mowig i dtreo
 an omer uachtair ar chlé, timn an biofill, rnlffial An IOWll mow
 ia poi11i11g go bam:rium beag. (Piy Labaratoriea)

Bunúsacha Eugenol

Tá Eugenol le fáil i go leor blátholaí agus luibheanna. Mar shampla, tá sé le fáil ag potency ard i clove bud ola riachtanach ach freisin ag dáileog níos ísle i duille cainéal agus a ola riachtanach. Faightear é freisin i pimento, bá, sassafras, olaí coirt massoy, ola de phlandaí camfar agus chamchwi de réir PubChem. Athraíonn an chumhacht agus an tiúchan ag brath ar an bhfoinse agus ar an modh eastósctha. Thairis sin, ní gníomhaire cumhachtach bioflm amháin é seo; tá airíonna iontacha eile aige amhail gníomhartha frithvíreasacha agus éifeachtaí frith-ailse.



Mar shampla, léirigh Tragoolpua agus Jatisatienr go mbíonn tionchar ag eugenol ar deir bhéil agus giniúna ag brath ar an speiceas, an brú agus factóirí eile. Rinne siad soiléir gur féidir leis an ola riachtanach a bheith níos cumhachtaí ná sliocht simplí. Go deimhin, ní fhéadfadh Herpes béil agus giniúna, HSV-1 agus HSV-2, faoi seach, atáirgeadh i láthair eugenol. Tá éifeachtaí suntasacha ailse léirithe ag Al-Sharif. Tá tocsaineacht ar leith ag tiúchan an-íseal (2 μM) i gcoinne cealla ailse chíce éagsúla. Rinneadh an éifeacht maraithe seo a idirghabháil trí chonair báis cille ailse a aslú agus trí leibhéil E2F 1 agus marthanach a laghdú -- dhá chaochÚn-cules atá riachtanach chun mair

genes. Importantly, these anti-proliferative and pro-cancer cell death effects were also observed inside body grafts placed in non-human animals.

<http://pubchem.ncbi.nlm.nih.gov/summary/summary.cgi?cid=3314>

Tragoalpua Y, Jatisatiennr A. Anti-herpes simplex virus activities of *Eugenia caryophyllus* (Spreng.) Bullock & S. G. Harrison and essential oil, eugenol. *Phytother Res.* 2007; 21(12):1153-8.

Al-Sharif I, Remmal A, Aboussekhra A. Eugenol triggers apoptosis in breast cancer cells through E2F1/survivin down-regulation. *BMC Cancer.* 2013 Dec 13;13(1):600. [Epub ahead of print]

Eugenol and Biofilms

Recently, Dr. Zhou has reminded us of a special process that is involved in the formation of dangerous biofilms. Basically, many bacteria have a “chatty” way of talking to other cells such as other bacteria. So, bacteria use chemicals or cause other bacteria to make chemicals to help them survive and often act to harm you or a loved one.

Eugenol is so effective that at very low amounts, it still disrupted bacteria chemical communication. This is very important in a biofilm destroying agent. If cells cannot communicate, it is doubtful they can form communities. Biofilms are community creations. **Further, eugenol at very low doses, called “sub-inhibitory concentrations” inhibited biofilm formation.**

One type of biofilm research being conducted compares biofilm killers head to head. The results are not always the same, perhaps in part because the infections are not always the same. Note that in an Epub abstract before publication, Malic explains that the best essential oil for urinary catheters, with or without biofilms, against fourteen different bacteria was eugenol. This is why I believe this substance is a “double killer.” It can defeat many biofilms, and then kill the organism making the biofilm. Finally, in this study, eugenol did better than tea tree oil.

Linalool

According to the Merriam-Webster dictionary, the word linalool is derived from a Medieval Latin phrase meaning “wood of the aloe.” Linalool has a nice smelling alcohol and essential oils. It is used in perfumes, soaps, and flavoring materials.

In terms of biofilms, it seems to be most effective when **the essential oil part** is used, which has **the most evidence of killing Candida albicans**. (*Candida albicans* is the cause of yeast infections.) Yet, again, it is the essential oil fraction that not only **inhibits the growth** of *Candida albicans* but also of the bacteria *Lactobacillus casei*, *Staphylococcus aureus*, *Streptococcus sobrinus*, *Porphyromonas gingivalis* and *Streptococcus mutans* cell suspensions, all of them associated with oral cavity disease, according to Alviano and Mendonça-Filho. Yet, Budzyńska reported this essential oil did not fully remove biofilms formed by *Staphylococcus aureus* (ATCC 29213) and *Escherichia coli* (NCTC 8196) on the surface of routine medical materials such as urinary catheters, infusion tubes and surgical mesh.

Hsu found that linalool could be effective against *Candida albicans* due to its many genetic blocking effects. For example, using a scanning electron microscope and other technology, many signs of the effect of linalool to destroy *Candida* or inhibit its growth could be noted. Hsu found blocking actions against genes involving adhesion production and the formation of “branches” or the mold’s hyphae were both decreased by linalool.

<http://www.merriam-webster.com/dictionary/linalool>

Budzyńska A, Wieckowska-Szakiel M, Sadowska B, Kalemba D, Różalska B. Antibiofilm activity of selected plant essential oils and their major components. *Pol J Microbiol*. 2011;60(1):35-41. PMID:21630572

Alviano WS, Mendonça-Filho RR, Alviano DS, Bizzo HR, Souto-Pradón T, Rodrigues ML, Bolognese AM, Alviano CS, Souza MM. Antimicrobial activity of *Croton cajucara* Benth linalool-rich essential oil on artificial biofilms and planktonic microorganisms. *Oral Microbiol Immunol*. 2005 Apr;20(2):101-5.

Reserpine

Reserpine is a substance found in the roots of some types of Rauwolfia that has been made into a traditional medicine. It is used to lower high blood pressure and help with psychotic symptoms, but side effects have limited its use.

While it may not be comfortable to use at modest or high dosing, very low dosing, according to Magesh, showed it to be profoundly powerful against *Klebsiella pneumoniae*. In one report, he used reserpine and was able to stop biofilms in this pneumoniae infection at a fraction of the dose thought to inhibit growth.

Specifically, a tiny fraction of this drug, a mere 0.0156 mg/ml, stopped biofilm production in *Klebsiella pneumoniae*. So, it may be possible that we have another example of a medical truth I use every day:

“Change the dose and you change the drug or herb.”

In this case, perhaps it is possible that 1/10th of the lowest size tablet, 0.1 mg, could harm *Klebsiella* and other infections and be safe for the patient. However, the raw materials for making it may be hard to find some months according to ASHP who tracks pharmacy shortages.

Magesh H, Kumar A, Alam A, Priyam, Sekar U, Sumantran VN, Vaidyanathan R. Identification of natural compounds which inhibit biofilm formation in clinical isolates of *Klebsiella pneumoniae*. *Indian J Exp Biol*. 2013 Sep;51(9):764-72.

<http://www.ashp.org/DrugShortages/Current/Bulletin.aspx?id=975>

“Stacking” Biofilm Killers

While physicians may ponder the problems caused by biofilms in practice, I rarely encounter the doctor who understands that it is usually better to have more than one treatment. In the article below, **oral bio-film infections were controlled best by three agents, not merely one.** For example, Alves explains that when you are going to irrigate or clean a root canal area, that two mouth bacteria infections protected by their biofilms have these same film barriers decreased significantly by treatment with farnesol, xylitol and lactoferrin together.

The same results were found in wounds. One of the best treatments for wounds is the use of a silver-based wound dressing or bandage, together with a gel containing xylitol and lactoferrin (Ammons).

Alves FR, Silva MG, Rôças IN, Siqueira JF Jr. Biofilm biomass disruption by natural substances with potential for endodontic use. *Braz Oral Res.* 2013 Jan-Feb;27(1):20-5. PMID:23306623

Ammons MC, Ward LS, James GA. Anti-biofilm efficacy of a lactoferrin/xylitol wound hydrogel used in combination with silver wound dressings. *Int Wound J.* 2011 Jun;8(3):268-73. Epub 2011 Apr 1. PMID:21457463

Terpenoids

I would like to mention a class of options that come from a familiar substance, chemicals from tea tree oil. We have already mentioned linalool which is part of this class individually, since it comes up as a leading biofilm killer. According to Raut, as many as 14 terpenoids derived from tea tree oil inhibit biofilms, and α -terpineol, nerol, isopulegol, carvone, linalool, α -thujone and farnesol are worthy of special note. Eight terpenoids have effects on **mature** yeast biofilms (*Candida albicans*).

A study by Ramage shows tea tree oil (TTO), terpinen-4-ol (T-4-ol), and α -terpineol displaying potent activity against 69 biofilm-forming *Candida* strains, of which T-4-ol and α -terpineol displayed rapid kill action.

Of these three, T-4-ol displayed no significant toxicity to cells. These data provide further laboratory evidence that TTO and its derivative components, specifically T-4-ol, exhibit strong antimicrobial properties against fungal biofilms. Further, T-4-ol appears to possess safety advantages over the complete essential oil (TTO) and may be suitable for prevention and treatment of established oral and upper throat cavity candidosis. Certain terpenoids are components of spices or food ingredients generally regarded as safe (GRAS) (Pauli 2006).

In another study, several chemicals from plants were tried against two very common bacteria (Budzyńska), *Staphylococcus aureus* (ATCC 29213) and *Escherichia coli* (NCTC 8196), both with biofilms on the surface of **routine** medical products, i.e., urinary catheter, infusion tube and surgical mesh. All three are present in most advanced hospitals and other settings. Surgical mesh was the surface most prone to persistent colonization since the biofilms that formed on it, both by *S. aureus* and *E. coli*, were difficult to destroy.

Melaleuca alternifolia is the source of Tea Tree Oil (TTO). *Lavandula angustifolia* yields Lavender, English Lavender and True Lavender (LEO). *Melissa officinalis* is Lemon balm (MEO). Tea Tree oil, Lemon balm, α -terpineol and terpinen-4-ol showed stronger anti-biofilm

Allicin and Garlic

Garlic has been used as a medicine throughout human history. Allicin is considered one of the medically useful components of garlic. Other useful components are discussed in Chinese language pharmacology texts.

As early as 2003, the use of allicin against *Staphylococcus epidermidis* had reported effects on biofilm formation at low dosing. Pérez-Giraldo reported that lab testing showed that allicin diminished biofilm formations.

Lihua reported ten years later that allicin impacts *Pseudomonas aeruginosa* biofilm. This is hardly casual information, since *P. aeruginosa* is likely resistant to multiple antibiotics, and this resistance may be due to biofilms. Organosulfur allicin has been shown to inhibit surface-adherence of bacteria and Lihua demonstrated that allicin could inhibit early bacterial adhesion which is a first step to bacterial community formation, usually just before biofilm production.

Other researchers isolated various components of garlic and tested the most active components. The following three components were examined:

1. garlic extract
2. allicin
3. diallyl sulfide (DAS)

They were tested against the serious mouth and dental infection *Aggregatibacter actinomycetemcomitans*, the primary cause of severe aggressive periodontitis and other non-oral infections.

Lumbrokinase

We appreciate that some people interested in progressive medicine feel this enzyme, Lumbrokinase, is a useful substance. Some have suggested it is useful in the removal of biofilms. If that is true, we had trouble finding the evidence for that position. However, it does seem that some researchers see a potential for this enzyme to “digest” pathological clots. This possibility seems to have some support, and at this time we will only wait for further research. Since we are only proposing biofilm options that are supported by research and since human use is just starting in research settings, we do not promote this agent at this time.

Ryu GH, Park S, Han DK, Kim YH, Min B. Antithrombotic activity of a lumbrokinase immobilized polyurethane surface. *ASAIO J.* 1993 Jul-Sep;39(3):M314-8. PMID:8268550

Kim JS, Kang JK, Chang HC, Lee M, Kim GS, Lee DK, Kim ST, Kim M, Park S. The thrombolytic effect of lumbrokinase is not as potent as urokinase in a rabbit cerebral embolism model. *J Korean Med Sci.* 1993 Apr;8(2):117-20. PMID: 8397927

Mihara H, Sumi H, Yoneta T, Mizumoto H, Ikeda R, Seiki M, Maruyama M. A novel fibrinolytic enzyme extracted from the earthworm, *Lumbricus rubellus*. *Jpn J Physiol.* 1991;41(3):461-72. PMID:1960890

Wang KY, Tull L, Cooper E, Wang N, Liu D. Recombinant Protein Production of Earthworm Lumbrokinase for Potential Antithrombotic Application. *Evid Based Complement Alternat Med.* 2013;2013:783971. Epub 2013 Dec 12. Review. PMID:24416067

Cao YJ, Zhang X, Wang WH, Zhai WQ, Qian JF, Wang JS, Chen J, You NX, Zhao Z, Wu QY, Xu Y, Yuan L, Li RX, Liu CF. Oral fibrinogen-depleting agent lumbrokinase for secondary ischemic stroke prevention: results from a multicenter, randomized, parallel-group and controlled clinical trial. *Chin Med J (Engl).* 2013 Nov;126(21):4060-5. PMID:24229674

Huang CY, Kuo WW, Liao HE, Lin YM, Kuo CH, Tsai FJ, Tsai CH, Chen JL, Lin JY. Correction to Lumbrokinase Attenuates Side-Stream-Smoke-Induced Apoptosis and Autophagy in Young Hamster Hippocampus: Correlated with eNOS Induction and NF κ B/iNOS/COX-2 Signaling Suppression. *Chem Res Toxicol.* 2013 Jul 15;26(7):1126. Epub 2013 Jun 7. PMID:23746067

tract also made the pneumonia far more susceptible to the antibiotic tobramycin. Further, genes involved with resistance to antibiotics were down-regulated.

- Bag published that highly resistant urine organ infections were more vulnerable to treatment with *T. chebula* but proposed this is due to its ability to collect iron, since adding iron reduced its effect. However, Bag only tested one of many chemicals from this fruit, and I would suggest other components may have antibacterial action and work by other means.
- Four carefully chosen antibacterial plants (*P. guajava*, *T. chebula*, *A. aspera*, and *M. elengi*) are combined with four solvent extracts (hexane, ethyl acetate, ethanol, and methanol) by Kamal Rai Aneja, who initially evaluated their anti-cavity activity against *S. mutans*. All four of the plants showed activity against *S. mutans*. Ethyl acetate extracts of the four plants showed high antibacterial activity against *S. mutans*, superior to the other solvent extracts. Further, *T. chebula* ethyl acetate extract acts as an effective anti-cavity agent by inhibiting *S. mutans* and *C. albicans*. However, we were unable to find evidence if the benefit of these chemicals involved biofilm removal.

In conclusion, we appreciate that this medicine is proposed to both dissolve Lyme biofilms and also destroy the underlying Lyme bacteria. We offer no opinion on this belief. We do not want to oppose or support its use in terms of biofilm ability. It appears this fruit does act on the bacteria biofilm of *P. aeruginosa*, but Lyme bacteria are not the same as *P. aeruginosa* bacteria. Lyme is also profoundly more genetically complex than a “relative” spirochete bacterium, syphilis.

Therefore, while we do note that this medicine has antibacterial and cell protection actions, and **we accept some patients feel better**, we presently cannot say it is due to biofilm removal in those with tick-borne infections.

Cancer

Cancer has many causes. Some things increase your risk and other things can decrease your risk. It is rarely pure genetics, even in those with genetic vulnerability. We know some types of plastics increase rates of breast cancer. We know the 200 poisons in cigarettes cause lung cancer. We know various chemicals made by various companies can increase cancer, despite the reality that most US and international chemicals have limited or no top research on their safety.

I like my dental hygienist. And, I like making sure my gums and teeth are “safe.” Why? At first it was because I want to have teeth in twenty years. But, she correctly reminds me that heart attacks are increased by gum disease which is routine in many countries.

Yet, even this passionate healer was not aware of the role of biofilms in cancer. Yes, I said cancer. We are only beginning to understand the role of infections in triggering cancer diseases.

Many years ago, I was working with a physician who asked me to help research possible cures for his cancer. Eventually, that cure was found and written up, taking over 200 hours and many months to complete, with the help of a top medical editor in North America—the former editor of the *Journal of the American Medical Society* and forty other journals, specifically, George Lundberg, who worked feverishly to get this death disorder cure in print ASAP (Schaller).

Years later, he asked me to write a follow up, and we had found that over eight top infection specialists in the United States had missed Babesia, a common parasite that is harder to kill than malaria and which can occasionally increase eosinophils (Schaller). The patient’s trouble included the fact that he had so many eosinophils, his blood could clot quickly. The point? Eosinophils are a type of white blood cell designed to kill parasites. The man’s disorder (HES) Idiopathic Hypereosinophilic Syndrome, which is often fatal and means that eosinophils reproduce out of control, was primed by a Babesia infection. Not all patients with HES also have a Babesia infection, but after writing six books which

Lactoferrin Xylitol Combination Treatment

In a fascinating look at this proposed double treatment, Mary Ammons shares that treatment of *Pseudomonas aeruginosa* biofilm with both lactoferrin and xylitol inhibits the ability of bacteria to respond to damage resulting from lactoferrin iron chelation.

Pseudomonas aeruginosa has been identified as the most common biofilm-forming infection in chronic wounds. The immune stimulating molecule lactoferrin and the rare sugar alcohol xylitol, together, were effective in the lab against *P. aeruginosa* biofilms.

How? Lactoferrin iron chelation was identified as the primary means by which lactoferrin undermines the bacterial membrane. Amazingly, this combination showed huge alterations in the expression of the bacteria's genes, but these changes are too complex for a summary. The findings mean that critical chemicals made by *P. aeruginosa* had changed.

Siderophore detection verified that xylitol is the component of this unique double treatment that inhibits the ability of the bacteria to produce siderophores under conditions of iron restriction. Siderophores sound complicated—here is the simple meaning: they are some of the strongest iron binders in the world and they are made by bacteria, viruses and fungi.

The study concludes with two points:

1. Lactoferrin treatment of *P. aeruginosa* biofilms results in destabilization of the bacterial cell membrane through iron chelation.
2. Combining lactoferrin and xylitol inhibits the ability of *P. aeruginosa* biofilms to respond to environmental iron restriction.

Access to iron is profoundly hard for bacteria when this combination is used.

Erythritol

Erythritol is an amazing sugar. For example, when it was given to children head-to-head with xylitol or sorbitol it was clearly superior. Here is a summary of the research:

Runnel writes: “Three-year consumption of erythritol-containing candies by initially 7- to 8-year old children was associated with reduced plaque growth, lower levels of plaque acetic acid and propionic acid, and reduced oral counts of mutans streptococci compared with the consumption of xylitol or sorbitol candies.”

In a similar way, Japanese researchers show highly advanced reasons for erythritol superiority over xylitol and sorbitol (Hashino). While this study is very dense, let me at least try to list the stunning findings:

1. By advanced confocal microscopic observations, the most effective sugar used to reduce *P. gingivalis* accumulation onto an *S. gordonii* substratum was erythritol, as compared with xylitol and sorbitol.
2. In addition, erythritol moderately suppressed *S. gordonii* monotypic biofilm formation.
3. To examine the inhibitory effects of erythritol, they analyzed the metabolomic profiles of erythritol-treated *P. gingivalis* and *S. gordonii* cells. Metabolome analyses showed that a number of critical bacteria chemicals were decreased by erythritol.
4. Next, metabolites of erythritol- and sorbitol-treated cells were examined. Erythritol significantly decreased the levels of *P. gingivalis* dipeptides. They tended to be increased by sorbitol.

Amazingly, it appears erythritol has inhibitory effects on two diverse species with biofilms, and it acts by at least five very distinct mechanisms.

Dowd reported that biofilm formation was completely inhibited in a standard wound approach by 10% erythritol in either of the two San-

Does Magnesium Deprivation Hinder Biofilms?

Before we decide to remove an element that is used in vast numbers of important enzymes, we have to have a foundation. First, in some basic physiology texts, calcium displaces magnesium inside human cells. My impression of this research is that suboptimal magnesium increases systemic inflammation, vascular death such as heart attacks, and cancer. Dibaba shows that the higher the magnesium in diet the lower C-reactive protein. This protein is associated with inflammation. If you lower inflammation you decrease deaths.

Qu pooled studies of approximately a half a million people to examine the results. The greatest risk reduction occurred when magnesium intake increased from 150 to 400 mg/day. A significant inverse association was found between dietary magnesium intake and total cardiovascular events. Serum magnesium concentrations are linearly and inversely associated with the risk of cardiovascular troubles such as heart attacks and brain strokes. Since magnesium is poorly absorbed even when chelated to an amino acid, it is perhaps useful to note the useful dose was 400 mg, when compared to minimal benefit from 150 mg orally.

Del Gobbo also examined vast studies and wrote: “Clinical hypomagnesemia and experimental restriction of dietary magnesium increase cardiac arrhythmias.” Deadly ischemic heart disease, in which a person dies due to poorly oxygenated blood reaching the entire heart, was more common in those with no magnesium supplementation or very low oral magnesium dosing. Simply, “circulating and dietary magnesium are inversely associated with [cardiovascular disease].” Further, Qu shows, in another study, a significant drop in intestinal cancers with a reasonable magnesium intake. While we may not know the mechanism for these useful findings, they are not felt to be due to chance.

Song and Leff clearly show why a small number of scientists and physicians have pondered lowering human magnesium Mg^{2+} levels. They remind us that Mg^{2+} can influence bacterial adhesion, which is part of biofilm process. In their study, the bacterium *Pseudomonas fluorescens* was used to investigate the influence of Mg^{2+} on biofilm growth.

Nitroxoline

We are not going to spend significant time on this fifty year-old antibiotic because it is not used in many countries, and it is a quinolone, and quinolones all seem to have serious risk of tendon damage. For example, it is possible nitroxoline has the same risks as other quinolones (www.drugbank.ca/drugs/DB01422).

Quinolones easily enter cells and are often used to treat intracellular pathogens such as *Mycoplasma pneumoniae*.

The FDA has increased warnings regarding side effects since the drugs were first approved. I just want to focus on three side effects that might not be routine but are possible risks with many quinolones:

- **Damage to nerves outside the brain:** This could present as sensory nerve or muscle nerve injury causing paresthesias, hypoaesthesias, dysesthesias, and weakness. New pain, burning, tingling, numbness and/or weakness, or new decreased abilities to detect light touch, pain, temperature, position sense, vibratory sensation, and/or motor strength are basic nerve functions and show damage; these are reasons to stop taking the drug.
- **Tendon damage:** While some focus on the Achilles tendon, actual tears of tendons have occurred in the hand, the shoulder, the thigh, or other locations. Some are helped with surgery. Other patients feel the surgical or other treatment still leaves them with damage. It is believed by some that the use of prednisone and other cortical steroids meant to drop inflammation increases the risk of tendon damage. Perhaps this is especially true in older seniors. Surprisingly, tendons can rupture after the medication is stopped. Some have suggested that IV, transdermal or sublingual magnesium might decrease the risk, but I am not aware this hypothesis has been proven (Schaller).

Aspirin and NSAIDS

We have previously said it is best to see biofilms like a key, and using AIDS as an example, it was only after AZT in 1996 with **the arrival of protease inhibitors that those quickly dying, experienced a “Lazarus effect,” in which AIDS patients who looked to be ready to die recovered markedly in 30 days.** Medications used in AIDS are tough medications, even if they are miracles. Some may question offering a section on the tough medications aspirin and NSAIDS.

While we appreciate that aspirin and various other over the counter NSAIDS may not be optimal, perhaps due to concerns of liver, kidney or ulcer issues, we are discussing infections that invade and cannot be stopped by your body. You might need all the help you can get. So we offer some synthetic options here that may offer help against a top killing and disabling problem—**biofilm-protected** infections.

For example, fluconazole-resistant *Candida* is increasing worldwide. Fluconazole is also called Diflucan. Biofilms are one reason for a decreased effect in treatment. Aspirin, diclofenac, ketoprofen, tenoxicam, and ketorolac all undermined biofilms or their processes. They all reduced fungal adhesion, and increased biofilm detachment with low concentrations of anti-inflammatory agents. Microscopic examination confirmed the tested drugs had a significant effect on reduction of *Candida* adhesion and biofilm development. The drugs also made fluconazole work more effectively against fluconazole-resistant *C. albicans* (Abdelmegeed).

Another useful way to involve aspirin is by teaming it up with the chelation chemical EDTA. Both aspirin and EDTA possess broad antimicrobial activity for biofilm cultures. Aspirin used for 24 hours was successful in eradicating *P. aeruginosa*, *E. coli* and *C. albicans* biofilms. Moreover, exposure to the Aspirin-EDTA combination completely destroyed bacterial biofilms after only four hours in simulation lab testing (Al-Bakri).

Azithromycin (Zithromax)

This medication is almost a household name and is known as the “Z-Pak” which contains brand name Zithromax pills that are still in use today. Despite being in use many years and used very routinely, this medication still has a strong use in addressing biofilms.

For example, Maezono showed that azithromycin was markedly superior compared to other routine antibiotics in killing gum infection bacteria. Specifically, azithromycin at **very low dosing** undermined four strains of *Porphyromonas gingivalis*. This determination involved the use of two fascinating techniques.

Azithromycin dropped the bacteria “gasoline” or ATP in the bacteria, which means the bacteria had decreased function or were dead. Cyanide kills humans in part due to dropping ATP levels—it is not a trivial substance. Further, the power of azithromycin was seen clearly with a confocal laser scanning microscope, which has the ability that the long name suggests—seeing the decreased amount of bacteria.

One of the most common hospital infection risks is MRSA; it causes a number of potentially deadly diseases. This “MRSA” simply means routine staph aureus is no longer able to be killed or it is resistant to methicillin, so it reproduces unchecked. Azithromycin is proposed as one solution to MRSA based partly on its biofilm defeating abilities at very low dosing.

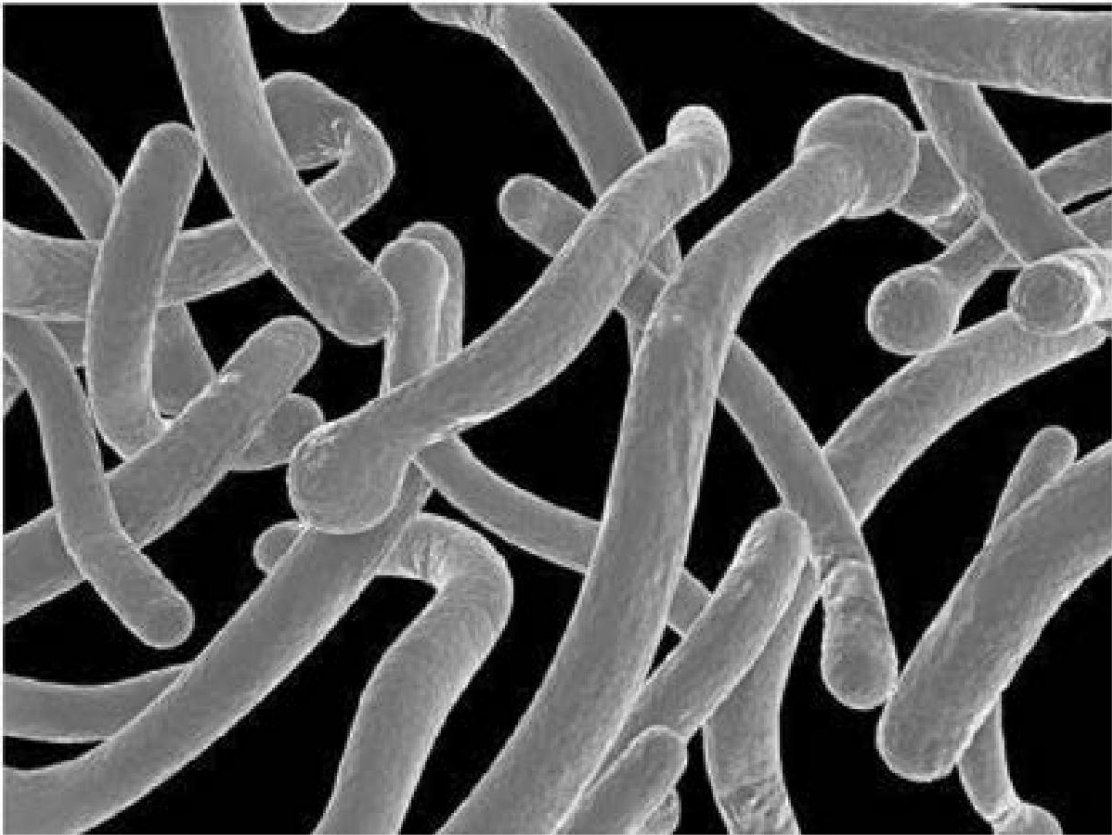
Gui shows that azithromycin was active against methicillin-resistant *Staphylococcus aureus* (MRSA) strains. It reduced the production of α -hemolysin and biofilm formation at very low “sub-inhibitory” concentrations. So, azithromycin may be useful in the treatment of α -hemolysin-producing and biofilm-forming MRSA infections.

Maezono H, Noiri Y, Asahi Y, Yamaguchi M, Yamamoto R, Izutani N, Azakami H, Ebisu S. Antibiofilm effects of azithromycin and erythromycin on *Porphyromonas gingivalis*. *Antimicrob Agents Chemother*. 2011 Dec;55(12):5887-92. Epub 2011 Sep 12. PMID:21911560

Airgid

Is léir go raibh cóireáil airgid a úsáidtear i gcoinne na bithscannáin i créachta éifeachtach. Go deimhin, baineadh úsáid rathúil as uachtar airgid 1 % chun ionfhabhtuithe a chóireáil agus a chosc in othair thóin ar fud an domhain.

Léiríonn athbhreithniú a rinne an Institiúid Idirnáisiúnta um Ionfhabhtú Créachta go bhfuil na sonraí fós ag pointeáil airgid mar chóireáil is fearr. Mar shampla, rinne Monteiro tástáil ar airgead collóideach i gcoinne bithscannáin fhungacha. Tá conclúid na hoibre sin an-daingean: beag beann ar an tiúchan a úsáideadh sa staidéar, tá tionchar ag airgead ar chomhdhéanamh mairís agus ar struchtúr bithscannáin *Candida*.



Dúnadh 3thoiseach rindreáilte de *Candida albicans*.

Cumanda and Biofilms

Dr. Eva Sapi and her colleagues found in their superior laboratory that cumanda had some mild killing effects on the Lyme bacteria, but more importantly for this book, Lyme **biofilm** communities grown in her lab were reduced 43% by this herb at low dosing. The dosing for a dynamic human or animal body was not explored or proposed by this researcher or any other researcher as of February 2014. Searching by its Latin and popular name did not yield any articles relevant for use on infections.

Finally, while Lyme disease is a common and disabling infection, it is hardly the only infectious agent in the many infections carried by Ixodes ticks. While this preliminary research is very useful, it is possible cumanda may have impact inside a body for Lyme and Bartonella treatment. More study is needed. I regret that we only examined cumanda for Bartonella and not Lyme.

Our conclusion was that cumunda hindered Bartonella more than Levofloxacin (levofloxacin), Zithromax (azithromycin), Rifabutin (mycobutin) and other proposed options. To determine treatment effect one needs to know **the indirect actions of Bartonella, Babesia, FL1953, Lyme, inflammation systems, etc. by lab analysis using different companies.**

Theophilus PA, Burugu D, Poururi A, Luecke DF, Sapi E. Effect of Medicinal Agents on the Different Forms of Borrelia burgdorferi Lyme disease or Lyme borreliosis is a tick-borne multisystemic disease caused by different species of Borrelia. <http://healthyats-nl.blogspot.com/2013/07/effect-of-medicinal-agents-stevia-and.html>

Erythromycin

Gomes found that erythromycin at low doses actually enhanced the growth of biofilms in *C. diphtheriae*. Penicillin acted the same way. Of further concern is that not only did these antibiotics increase biofilm formation but in this case they enhanced infections by strains of *C. diphtheriae*. Diphtheriae is a very dangerous infection without access to effective antibiotics. It is dangerous enough with good ones.

Returning to biofilm-promoted gum disease such as gingivitis, in the United States, over 50% of adults had gingivitis on an average of 3 to 4 teeth. Adult periodontitis, measured by the presence of periodontal pockets ≥ 4 mm, was found in about 30% of the population on an average of 3 to 4 teeth. Lost gum attachment to teeth of at least 3 mm was found in 40% of the population (Oliver).

The density of adherent *P. gingivalis* cells were significantly decreased by using erythromycin at very low dosing called “sub-MIC levels.” One strain was not affected by erythromycin. Finally, erythromycin was not effective for inhibition of *P. gingivalis* biofilm cells at very low dosing.

Erythromycin Key Findings

- Low doses actually grew some biofilms
- Penicillin also grew some biofilms
- It enhanced strains of dangerous *C. diphtheriae*
- Gum disease from *P. gingivalis* cells was much less sticky at very low dosing.
- Erythromycin was not effective for inhibition of *P. gingivalis* biofilm cells at very low dosing.

Contacting Dr. Schaller

Should you wish to talk to Dr. Schaller he offers individualized education consults, which can be arranged by calling 239-263-0133. Please leave all your phone numbers, a working email and a fax number. These consults are typically in 15 minute units and can last as long as you wish. All that is required is the completion of a short informed consent form.

If you would like a full diagnostic consult or to see Dr. Schaller as a patient, know he treats patients from all over the USA and from outside the country. He meets with you first and then does follow-up care with you by phone.

If you would like to fly in to see Dr. Schaller, his staff are very familiar with all the closest airports, and we have special hotel discounts.