Clostridia Natural Remedy Protocol - Example

Natural Remedy Protocol:
This program is intended to mimic the cyclical dosing of Vancocin (oral Vancomycin) or Flagyl (total of 6 weeks), but using natural remedies instead. We documented test results where the clostridia toxin markers, e.g. HHPA, 4-cresol have normalized from using Biocidin, either alone, or with other supplement remedies.


Protocol Outline:

- **Biocidin** – there are two options (capsules or liquid) for the Biocidin. 1 to 2 capsules three times daily or 5 to 10 drops of the liquid three times daily for 14 days. Then every 3rd day thereafter give one day of dosing (three times per day as either the capsule or oral liquid) for an additional 4 weeks.

- **Culturelle** – 2 to 2 capsules daily (give at night away from the Biocidin). Continue until follow-up tests results are back. Another probiotic called Core-Biotic from Researched Nutritionals (carried by New Beginnings Nutritionals) works well too. This can be used instead of the Culturelle at 1 to 2 capsules nightly.

- **Grapefruit Seed Extract** (optional) – 5 to 10 drops in dilute juice three times daily throughout the entire course of treatment. Continue until follow-up tests results are back.
  
  o Can also use some other natural remedies such as Garlic Extract (Allicin), Oreganol and Olive Leaf Extract.
NOTE: It is recommended to repeat the Microbial Organic Acids Test or Organic Acids Test from Great Plains during the last week of the 6-week protocol.

Additional Options:
The protocol outline above has worked well overall, but clostridia bacteria and many times accompanying yeast problems, are invasive and difficult to eradicate. Here are a few additional options for dosing natural remedies:

1. **Extended program** – use Biocidin, plus probiotics and other natural remedies for a longer period of time, e.g. 8 to 10 weeks.

   *Ex: Give initial daily dose of Biocidin for 21 days, followed by every 3rd day dosing for 6 to 8 weeks.*

2. **Multiple day cycling** – another option for cycling is to use Biocidin every other day for 6 to 8 weeks.