

# **What Every MRSA Victim Should Know**

**Life Changing Advice For MRSA Victims -  
By A MRSA Survivor**

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Christine Dawson



## **What Every MRSA Victim Should Know**

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*\* updated 2010 \**

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## **Important Disclaimer Required By Law (Read This First)**

As I share this very personal information with you, first I want you to understand that I am not a doctor. This information is not intended to be a substitute for professional medical prevention, diagnosis, or treatment. In no way should it be considered as offering medical advice of any kind. No liability shall be assumed for the use of this information to treat, cure, or prevent any disease. You should use this information at your own risk. The US Food and Drug Administration (FDA) has not evaluated this information. Never rely on any home remedy as a "cure-all" without seeking real medical treatment. Always consult your physician, pharmacist, or health care provider before taking any home remedies, health supplements, or starting any alternative medicine programs.

The techniques I am about to share are what I found to be extremely effective in stopping my own MRSA attacks. There is no single procedure or medicine that works for everyone 100% of the time. You will find this to be true, even with medications you might receive from your doctor. I have done everything I can to ensure this information is correct, complete, and up-to-date.



## My Promise To You

Understand something ... I was a MRSA victim for over 3 long years. I've been in your shoes and I know **exactly** what you are going through right now (financial, emotional, and physical).

The purpose of this book and video training course is to educate while I share my personal struggle with you. I'm going to provide you with the things I wish I knew when I was first diagnosed with MRSA.

Why?

Because it is my **personal mission** to take you by the hand and ensure you have a smoother journey to recovery than I did.

I'm going to tell you **exactly** what you need to know.

Are you ready?

Let's begin ...



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# PART 1

## The Secret That Stopped 3 Years of Chronic MRSA Attacks

### **REMEMBER**

I am **not** a doctor and this is **not** a substitute for professional medical advice.



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## This Is My Story

I was diagnosed with a chronic case of MRSA in March of 2005. It literally cost me a fortune between the over the counter products, cleaning supplies, and medical care. This is because I had a very aggressive strain of MRSA that would rapidly spread across my body and face. But it didn't stop there; it also hit my family as well.

My monthly routine consisted of going to my doctor, getting boils lanced, receiving antibiotics, healing, and getting re-infected. It's like I was locked in the infection's never-ending cycle. I grew very paranoid and would panic whenever anything resembling MRSA appeared anywhere on my body. I was an emotional wreck ... and I felt completely helpless.

Over time the agony, frustration, and embarrassment got to me. I tried **so many** different things, but nothing worked. My doctor even had to give me *Vancomycin* (the “last resort” drug) before I underwent surgery to ensure

MRSA did not ravage my surgical site. I was so depressed because I had no control over my condition. Fighting MRSA seemed futile. I thought there was nothing I could do. But after yet another MRSA attack with multiple infections popping up all over my body, I ignored the plea from my doctor stating “we’re doing all we can” and decided to take action.

I was determined to find something to help me not only to treat, but also to prevent my vicious MRSA outbreaks. After all, every time the doctors 'treated it' it just came back. I got on the Internet and literally spent the next 3 months referencing medical research, studying natural remedies, reading MRSA victim forums, emailing Naturopathic Doctors, and talking to Dermatologists. I viewed over 200 different websites to include foreign websites to gain a different perspective on MRSA treatment and prevention. I also read full books and medical journals covering MRSA. I was looking for something more than general information. I was looking for specific ways to control MRSA that were *proven* either through scientific studies or large clinical trials. If the

solution I found did not adhere to these guidelines, I ignored it and kept searching.

After about 3 plus months of intense research I pieced together a method to control MRSA. This process has allowed me and my family to eliminate MRSA completely and it has never come back! This book is a direct product of my research and my experiences. It will provide you with everything you need to follow the same path I took to include: the concept behind this program, supporting evidence, MRSA victim evaluations, MRSA group forums, how I used this method to control my aggressive strain of MRSA, and a new section that reveals 3 additional things shown to eliminate MRSA.

I hope you find this information useful and it helps you as it has helped so many others. Thank you for reading and good luck!



## The Secret To Controlling MRSA

MRSA - short for *Methicillin Resistant Staphylococcus Aureus* - is a rapidly growing problem not only in the United States, but around the world. It is a dangerous strain of *staph* bacteria untreatable by most antibiotics. It can cause potentially **deadly** complications like pneumonia, bloodstream infections, and surgical wound infections.

What's more, bacterial and viral infections are fast becoming known as the second leading cause of cancer. So if you allow MRSA to repeatedly infect your body, you are inviting the very conditions for cancer and other chronic diseases such as stroke, heart disease, diabetes, and hypertension to thrive.

But there is a secret to battling this life-threatening condition that most MRSA victims and doctors overlook. And it all starts with understanding the most **critical** stages of a MRSA infection ...

In simple terms, MRSA must have two things to ensure it can successfully attack your body:

1. MRSA needs to be near a break in your skin to be able to invade.
2. Once inside, MRSA needs to be able to quickly overcome your immune system's defenses.

What I learned is if you can disrupt these two critical parts of a MRSA attack, you can stop it altogether. However, this requires the following delicate, two-part approach. Here's what you need to do:

### **1. Build Up Your Immune System Against MRSA**

The first step to controlling your recurring MRSA outbreaks is through immune system support *against MRSA specifically*. Notice I didn't say to just "strengthen your immune system". Why? Because this doesn't work ... I tried. You must provide direct MRSA support to your immune system so these bacteria *never* get the

opportunity to invade. Simply stated, if MRSA cannot attack your body faster than your body can fight it off, MRSA will not be able to infect you.

## **2. Cripple MRSA Colonization on Your Body**

If you suffer from recurring MRSA attacks, it is usually a dead giveaway that MRSA has colonized on your body (meaning it is living on you). It is very difficult to completely eliminate all the bacteria once this occurs. However, it is possible to **greatly** reduce the amount of MRSA present making you less vulnerable to an attack.

You see ... dealing with MRSA is like fighting a 2 front war. You must fight the nasty MRSA infection you currently have on your body **AND** you must annihilate the dangerous MRSA bacteria colonizing on your skin, waiting quietly to ambush you. But the key is - you must hit MRSA with these two steps at the same time. Let me

explain why by telling you the #1 reason antibiotics always fail.

Here's what happens ... As soon as you beat out your MRSA infection, you stop taking the antibiotics and everything seems fine. You go about your daily routine with a feeling of triumph because you just beat this little demon. However, once the antibiotic completely passes through your system, the MRSA that has been hiding out on your skin is free to attack again ... so as soon as it gets the opportunity, it injects itself back in a break in your skin (or through a hair follicle) and your dangerous MRSA infection cycle continues.

Make sense?

This is why it is absolutely critical to hit MRSA from two angles at once. Collectively, these two steps have allowed me to suppress my MRSA attacks by altering the environment (internal and external) that MRSA needs to thrive. And now, I'm going to show you exactly how I did it.

## \* Step 1 \*

### Build Up Your Immune System Against MRSA

The initial way I stopped my severe MRSA outbreaks is through immune system support against MRSA specifically. This is a critical part of this program because if you provide your body with a compound found to kill MRSA (that MRSA cannot grow immune to), your body will use it to kill off a MRSA infection in its earliest stages. In other words, your body will eliminate any MRSA it encounters BEFORE it can attack. And this will buy you the time you need to nuke the MRSA on your skin so your infections never come back.

However, my biggest problem was identifying a compound that has been shown to combat MRSA *specifically*. As you already know, there are so many different “home remedies” stated to stop MRSA, but not many of them have **solid proof** backing their claims. So I looked and looked until I found a powerful compound shown to have VERY effective antibacterial, anti-inflammatory, and immune system supporting properties.

I also located a website that showed the effects of this compound against 70 MRSA cases and 218 *staph* cases. This herbal compound effectively controlled them both! Are you ready to know what my biggest secret to knocking my chronic MRSA infections out of my body is? It's **Turmeric** and it worked for me better than any antibiotic my doctor ever prescribed.

### **Proof Turmeric Works**

Earth Clinic ([www.earthclinic.com](http://www.earthclinic.com)) is a free, well-organized online forum with a wide reader base. Unfortunately, I didn't find this website until after I found this remedy on my own ☹ ... but you're in luck! Earth Clinic is where readers facing different health issues gather to explain natural remedies. From here, other readers facing the same problems test out the remedy through a personal evaluation and provide feedback to the website whether the remedy worked or not. To date, this forum contains more than 350 different health conditions.

When I created this report, 70 individuals diagnosed with MRSA tested the effects of turmeric on curing his or her condition. 69 MRSA victims identified that Turmeric helped to control their MRSA outbreak while 1 said it did not work. This is a **98.5% success rate**. You can see the comments from *every* MRSA victim who reported their results to this remedy by taking the following actions:

1. Go to [www.earthclinic.com](http://www.earthclinic.com)
2. Click on the "**Ailments**" Tab (across the top)
3. Find "**MRSA**" in the list of ailments - click it
4. Scroll down to "**Turmeric For MRSA**" - click it
5. Scroll down until you see the "**Turmeric Reader Feedback**" Section - (You may have to go to the next page to find it).

On a larger scale, 218 individuals suffering from various *staph* infections (with the primary symptom being skin boils) tested the effects of Turmeric. Of this group, 213 people said turmeric worked for them to relieve their symptoms usually in less than 7 days. This is a **97.7% success rate**. Most boil sufferers explained exactly how they used turmeric to help them.

You can see the comments from *every* Staph victim who reported their results to this remedy by taking the following actions:

1. Go to [www.earthclinic.com](http://www.earthclinic.com)
2. Click on the "**Ailments**" Tab (across the top)
3. Find "**STAPH**" in the list of ailments - click it
4. Scroll down to "**Turmeric For Boils**" - click it

5. Scroll down until you see the "**Turmeric Reader Feedback**" Section - (You may have to go to the next page to find it).

Several other remedies were tested for overcoming MRSA, yet they failed miserably in comparison. What am I saying in all this? Turmeric is a **BIG** part of helping me overcome my MRSA attacks. What's my secret?

I take it every day!

### **What is Turmeric Anyway?**

Bacteria have been around for centuries. They have been so successful through evolution because they learn to adapt to their environment. Whenever a "man-made" cure is created, bacteria often find a way to adapt to it (by mutation) - deeming the cure ineffective. This has allowed some of the meanest pathogens - like MRSA - to become more dangerous through natural selection.

Because of this, many plants were forced to establish their own defensive mechanisms to fight off these invasive bacteria to ensure their survival. Plants did this by developing powerful herbal compounds that kill invasive bacteria (you can think of them like a piece of the plant's immune system). Many drugs we use today are derived from plants. Why? Because many bacteria find it **harder** (if not impossible) to adapt to them. They are a lot more complex than 'man-made' substitutes.

Turmeric (also known as Curcumin) has been used for centuries in Asia due to its medicinal properties. The popularity of this as a therapeutic herb has rapidly increased and spread through the western world due to its long purported health benefits. But what properties does Turmeric exhibit that make it so effective against staph and MRSA infections?

Researchers claim Turmeric maintains powerful antibacterial properties. Through scientific studies, Turmeric has shown to be capable of killing bacteria when used externally on wounds or taken internally. Studies

have also revealed turmeric is capable of combating MRSA. Apart from acting as an excellent treatment for skin infections, turmeric can destroy pathogenic bacteria that enter the stomach and the blood.

Turmeric has also shown to act like an anti-inflammatory agent by reducing the histamine levels in the body. Studies indicate turmeric acts on the adrenal glands and induces inflammation-producing hormones. Turmeric has been compared to other anti-inflammatory drugs like hydrocortisone and Motrin. But unlike these drugs, turmeric does not produce toxins.

### **How to Effectively Use Turmeric**

Take 1 teaspoon of turmeric powder mixed in a glass of warm water 3 - 4 times a day with food. Food is **required** because some of the primary compounds in turmeric are fat soluble (meaning fat is needed in the diet to help your body absorb the compounds). It should also be taken with plenty of water.

Instead of mixing turmeric powder in water, many people choose to take it in capsule form because of the taste. Pills cost more, but they are just as effective. But if you want to get creative, there are lots of great recipes for cooking with turmeric. This is a great way to add more turmeric to your daily diet as well as administering it to small children.

### **Where You Can Find Quality Turmeric for Cheap**

You can go to the local grocery store and purchase a bag of turmeric for cheap. However, I do not really care for the taste of it ... so spending a couple extra dollars on the capsules is worth it to me. I get a 2-month supply for \$20 at Puritan's Pride ([www.puritanspride.com](http://www.puritanspride.com)). Puritan's Pride is a leading herbal manufacturer. This is because they sell high quality herbal supplements for a VERY low price. I use the turmeric that has the product number 015418.

Here is how you find it:

1. Go to [www.puritanspride.com](http://www.puritanspride.com)
2. In the search box type in "015418."
3. The website will take you right to it.

Puritans Pride also sells 1000 mg turmeric capsules. I tried them once and I felt like I was going to choke. They really hurt me to swallow. If you are like me and you don't like taking big horse pills, it is probably best to stick to the 500mg capsules.

### **Warnings Using Turmeric**

Anyone in the following categories should **AVOID** taking turmeric until they consult their doctor.

- Anyone with gallstones (except under doctor supervision).
- Women who are pregnant (turmeric can be a uterine stimulant) and nursing.
- Individuals taking a blood thinner because

turmeric may increase its effectiveness.

- People with toxic liver disorders.
- Anyone with Diabetes (Turmeric may lower blood sugar levels).
- Anyone with blood-clotting disorders.

## How I Used Turmeric

I took 2 x 500mg capsules of turmeric 3 times a day *with* food and plenty of water (Note: because I don't get outbreaks anymore, I've reduced my dosage to the point where I rarely take turmeric at all -- what am I saying in this? This is not a lifelong regime!). It is **critical** to take turmeric with plenty of water because it can cause constipation. Because turmeric is a natural herb with other beneficial properties aside from the ones mentioned, I took it every day. My justification was to keep the compound in my body so MRSA never got the chance to invade. This has kept me free from MRSA outbreaks since 2008 and I feel it can do the same for others as well.

Since I have written this report many people have asked me "how much turmeric should I give to my child who has MRSA (or to prevent them from getting MRSA because someone else in the house has it)." The University Of Maryland Medical Center says this is how Turmeric should be administered for pediatric use:

*"Consider adjusting the recommended adult dose to account for the child's weight. Most herbal dosages for adults are calculated on the basis of a 150 lb (70 kg) adult. Therefore, if the child weighs 50 lb (20 - 25 kg), the appropriate dose of turmeric for this child would be 1/3 of the adult dosage."*

[www.umm.edu/altmed/articles/turmeric-000277.htm](http://www.umm.edu/altmed/articles/turmeric-000277.htm)

But now that you know how I ramped up my immune system so my body could absolutely **dominate** any MRSA attack ... let me pull back the curtain and tell you how to annihilate the *root cause* of your repeated MRSA infections ... the MRSA bacteria on your body.



## **\* Step 2 \***

### **Crippling MRSA Colonization**

“Colonization” of MRSA bacteria means you are carrying these bacteria on your body without any signs of infection. In other words, these bacteria are living on you waiting for the perfect opportunity to attack.

Reducing the amount of bacteria on your skin is *critical* to reducing your chances of getting a MRSA infection. Why? Because if you successfully stop a MRSA attack internally, it will only be a matter of time before the MRSA living on your body tries to invade again. But the truth is, MRSA colonization is a lot easier to control than you might think. The trick lies in simply using the right kind of soap and lotion.

Many fragranced body washes do a great job of ensuring you smell good and fresh, yet they are poor at controlling the amount of bacteria that colonize on your body. You need to wash your body with a soap that isn't too harsh on your skin, but still provides gentle

antibacterial cleansing (specifically against MRSA). Many soaps claim to provide antibacterial protection, yet you have to be careful with these because they strip you of your natural oils causing your skin to crack on a micro level that *can* (and *will*) be infected by MRSA. So here's my second secret ... are you ready for it?

I use **tea tree oil body wash** and **tea tree oil lotion** to reduce the amount of MRSA on my body. Tea tree oil is a naturally occurring essential oil with broad 'microbicidal activity'. Several trials have been conducted using preparations containing tea tree oil to test tea tree oil's bactericidal effects. These have established proof that topical formulations effect *staph* and MRSA colonization. Below is a link to a study demonstrating its affects on both MRSA and MSSA (*Methicillin Sensitive Staphylococcus Aureus*).

<http://jac.oxfordjournals.org/cgi/content/full/45/5/639>

## Secret Insights to Using Tea Tree Oil

- MRSA does not colonize across your entire body at once like most people think. Rather, it likes to colonize in certain spots. You need to pay particular attention to your **armpits, buttocks, and between your legs**. Aside from inside your nostrils, these are the key areas where MRSA colonizes. If you get frequent infections on your bottom, thighs, or stomach ... this is because MRSA loves invading areas of your body where there is an abundance of "soft tissue." Keep tea tree oil on these spots during any kind of an infection to keep MRSA from spreading there.
- When you choose a tea tree oil (TTO) product, it is **critical** to choose a product containing more than 5% TTO. If you use a formula with anything less, you stress MRSA - not kill it. This causes MRSA to become stronger and capable of causing more serious infections that are harder to treat! (I've seen specific studies that prove this). Many products on the market claim to contain TTO, just ensure you know how much.

□ In rare cases, you may find you are sensitive to TTO. Here is a **quick sensitivity test** for tea tree oil: 1) Apply a drop of TTO to your inner arm; 2) Cover it with a band-aid; 3) Let it sit for 1-2 hours; 4) Remove the band-aid. If you notice any redness or swelling you should not use 100% TTO on your body. However, you can try a diluted TTO solution. I highly recommend doing this before using 100% TTO on children. Also know that Tea tree oil may burn if it comes in contact with the eyes (unfortunately, I learned this the hard way), the mouth, or the nose. Tea tree oil is safe for children and adults. However, if there is any skin irritation, do **not** try to wash it off with water. Instead, flush it with another oil like vegetable oil or peanut oil.

### **How I use Tea Tree Oil**

Tea tree oil is non-toxic. Because of this, I used it every day to keep the MRSA colonizing on my body to a minimum. Instead of only using soap and lotion, I

also used a 100% TTO solution. I did this for the first couple months of this program.

I would take 2 warm showers a day using TTO body wash. After I got out of the shower, I would use the 100% TTO solution on my armpits, buttocks, between my legs, and on 'infected' areas (or on places I get repeated infections). From here, I would put the 15% TTO lotion on the rest of my body. Then I would put on my deodorant, lotion, etc. Sometimes I would also put on the TTO lotion between showers when I had the time.

Currently I only use the TTO body wash (daily) and the 15% TTO lotion (rarely). I feel the TTO combined with turmeric has put up a defense too strong for MRSA to penetrate.

### **Tea Tree Oil and Babies**

According to all of the sources that I have studied concerning TTO and babies ... they all share a common view as "Greenfeet.com" where:

*"100% Tea Tree essential oil is safe for nearly everyone. We do not recommend that you use Tea Tree oil on babies, and use it only when extremely diluted for children under the age of 5. It is one the few essential oils that is safe to apply straight onto the skin without the use of a carrier oil.."*

However, ensure that you always conduct the sensitivity test before TTO is used to ensure there are never any reactions to it.

## **Where I Get Quality Tea Tree Oil for Cheap**

Not to be a spokesperson for Puritan's Pride but this is also where I purchase my Tea Tree Oil products. I think the reason I always gravitate to this company is because of the specials. I also find it easier to buy *all* my MRSA products from the same place and get them all at the same time. The 3 different products I use are outlined below (use the same method to locate them you used to locate turmeric):

1. Tea Tree Oil Body Wash (Item # 005306)
2. 15% Tea Tree Oil Lotion (Item # 005390)
3. 100% Tea Tree Oil Solution (Item # 008871)



## **Additional Insight It Took Me Years to Discover**

Here is a list of some additional information most MRSA victims almost never find. A lot of it took me nearly 2 years to figure out. Please read this carefully ... it can make *all* the difference:

- **MRSA In The Nose:** If you remember, I said that MRSA also loves to colonize in the nose. How did I handle this? I used "Mupirocin" - aka "Bactroban" (or something similar to it). This is something that I got from my doctor. It is an antibacterial ointment I put in my nose 2-3 times a day (and a **very important** step in this program). This was the key that helped me stop all my facial MRSA infections. However, you want to be careful because antibacterial ointments can kill all the bacteria in your nose (to include the bacteria that help you). This upsets the natural balance and opens the door for fungus to start growing. This is why I used the Mupirocin for a week, took the next week off, used Mupirocin for a week, took the next week off,

etcetera. I did this until I used the entire tube. Please DO NOT overlook this, it is very important because I found that almost all MRSA carriers carry MRSA in their nose! As a side note along the same lines, if you have a small child with MRSA who picks their nose (as most children do), do your best to discourage them from doing so. Once they place their tiny finger in their nose and start touching things they may spread the bacteria to other parts of their body, the house, or even to other children.

- **A Quick Note To Women With Makeup:** If you get facial infections and you use make-up to cover them up like I did, I want to warn you of something. Whenever you apply make-up to your infection and put it back, you move the bacteria to your make-up container. Once MRSA is there, just like anywhere else, it will begin to grow. Once you get rid of your infection and you put your make-up on again (from the same container), there is a high likelihood that you're putting MRSA back on your face. Honestly, it is the same as

sticking your hand in a jar of MRSA and spreading it on your face. Any make-up you use during an infection should be **thrown out** after your infection has cleared up. I know make-up is expensive, but it is cheaper to buy more than to get more MRSA breakouts on your face.

- **A Note On Bandages:** Be careful with very sticky bandages that stick too close to the wound if you have excessive hair around the point of infection. Our doctor didn't recommend a bandage so we figured small band-aids were fine for my husband's infections. Sounded like a good idea right? WRONG! Because my husband has a hairy stomach, every time we took the band-aids off, we ripped off a good amount of his hair with it. This left breaks in his skin where he constantly got more MRSA infections until we figured this out. But instead of trying to find a way to get the bandages to stick without using band-aids, we just shaved the hair. But we DID NOT use a razor because most razors cut the hair beneath the skins

surface (they could also nick the skin). We had no doubts that this method would open him up to more MRSA attacks. Instead, we went out and got a cheap set of hair clippers to cut the hair. Once he healed, we threw the hair clippers away and no more infections.

- **Energy:** If you suffer from low energy as many MRSA victims do, here's a little pick-me-up I learned when I was in the trenches. Take a glass of orange juice and add a splash of Apple Cider Vinegar. I took this twice a day not only for the energy, but for all the other amazing things I learned through "Earth Clinic" that Apple Cider Vinegar does AND protects against. In fact, this is a simple ritual I still carry out today.
  
- **Your Hands:** Wash your hands often, keep your nails short (as they can harbor MRSA bacteria), and control where you put them. What do I mean by this? It's crazy what people unintentionally do with their hands sometimes: rubbing their

eyebrows, touching their neck, scratching their heads, stroking their face, picking their nose ... I'm sure you've seen it. Well, you want to try to control where you put your hands. Your hands will carry your infection all over your body *if you let them*. Try to keep your roaming hands still and keep them clean. Always give your hands a good wash after sneezing, blowing your nose, or touching your nose. I will discuss exactly how in Part three of this book.

- **Sex:** If you have an open wound or boil and you are having "relations" with someone *not* infected with MRSA, there is a HIGH chance that the disease will carry over to him or her. This is primarily because of three things: 1) MRSA is highly contagious and it is always looking for an opportunity to ambush an unsuspecting victim; 2) "Relations" involve a lot of sweating which facilitates MRSA penetration and helps carry it to other parts of the body (or your partner); 3) The friction that takes place during "Relations" can

open the skin of your partner on micro-levels that MRSA can easily invade. For these reasons, sex should be *avoided* or greatly minimized during a MRSA outbreak. If you must have sex, ensure you and your partner take a shower **immediately** after the event AND wash any sweat stained sheets that remain.

- **Dryness:** Dry skin is a major issue when trying to combat MRSA. This is because it is easier for the skin to break on a micro-level that can be easily infected. When I got my chronic MRSA infections, I noticed I had extremely dry skin. Over time, I realized the dry air was causing it (especially in the winter when we used our heater). To combat this I went out and purchased a couple cheap humidifiers to add moisture to the air. This really helped to keep my skin moist and it greatly reduced my MRSA infections.

- **Clothing:** Beware of clothing that binds or chafe. Irritation caused by wearing tight cloths can cause breaking in the skin on micro-levels making it easier for MRSA bacteria to enter your body and infect you.
  
- **Showers & Baths:** Warm showers and baths really helped my body drive out my nasty MRSA infections. Working in the same manner as the warm compresses, warm showers decrease pain and help draw the pus to the surface. And when time permitted, I would take a nice, relaxing warm shower until I managed to rob my hot water heater of every last drop of hot water (LoL - my husband hated me for this). However, here's a bit of information that will save you a ton of future anguish ... **NEVER** shower using 'loofas,' sponges, or body puffs during a MRSA outbreak. Because these items are not usually washed, MRSA bacteria can easily cling to them and start to colonize. If this happens, it's only a matter of time before you spread your infection to another part of your body. The

only thing I would recommend is simple *white* wash cloths. This way, when you exit the shower you can simply drop them into the washing machine with bleach to launder them. Whenever I got out of the shower I would always dry the non-infected parts of my body first. Then I would dry the infected areas so I could prevent the infection from spreading to other parts of my body. Then I would drop my dry towel directly into the washing machine as well to be sanitized.

- **Sports:** Be extremely careful if you are active in sports during the time of a MRSA infection. My personal advice would be hold off on the sports until your infection subsides. When playing contact sports abrasions, lacerations, and contusions of the skin are common. MRSA can easily spread through wounds when skin-to-skin contact occurs. This has been seen in both amateur and professional athletics. Furthermore, sweating greatly facilitates MRSA penetration and can help it spread to other parts of your body. Because of

this, always shower as soon as possible following an activity that involves heavy sweating.

- **Warm Compresses:** Soak your infected area in warm water 2-3 times a day for 20 minutes at a time. A simple trick that will keep you from running back and forth to the sink is to simply stick a wet washcloth on your infection then place a heating pad on top of it.
  
- **MRSA And Deodorant:** If you have MRSA under on arm or both it is best to use spray deodorant. Roll on deodorant can spread your infection from one arm-pit to the next. If you insist on using roll on, make sure you throw it out after your infection has been resolved to prevent you from re-infecting yourself with the same deodorant stick.
  
- **Bar Soap:** If it isn't a special soap that kills MRSA, *never use it and never buy it*. Why? Because if you touch the average bar of soap with MRSA on your hands, MRSA will cling to it and begin to colonize

on it. So the next time you use that bar of soap (or someone else uses it) MRSA will jump back on you. I simply used the TTO body wash I mentioned earlier in the book.

- **Sharing Personal Items:** Never share personal items. These items include (but are not limited to) razors, make-up, hair clippers, nail clippers, towels, uniforms, washcloths, clothing, robes, etcetera. This will help keep the infection contained so it doesn't spread to others.
  
- **Laundering Clothes:** Wash clothes, sheets, and towels with laundry detergent at the hottest temperature possible. Also dry clothes at the hottest suitable temperature. Always *avoid* line-drying fabrics that have come into contact with MRSA because it will not kill it. Also, use dryer sheets to help reduce the static electricity your dryer produces so it doesn't dry out your skin. As far as laundry detergents, there is a lot of stuff out there stating you should use "Borax" but I simply used Tide with

Bleach.

- **Disinfecting:** Disinfect commonly touched or soiled surfaces in your home/apartment/dorm room on a regular basis using a commercial disinfectant (look for EPA-approved, hospital-grade germicidal on the product label). Or you can use a **daily mixed** solution of 1 part bleach, 100 parts water. Remember, this solution must be left on surfaces for at least 5 minutes to achieve maximum disinfection.
  
- **Alcohol and Partying:** Please understand that excessive alcohol can tear your immune system apart ... leaving you open for more punishing MRSA attacks. Because of this you must "play by the rules" and throttle back on the alcohol if you truly want to unchain yourself from these frustrating bacteria. I've given several people the same advice and they saw dramatic results.
  
- **Carpets:** Carpets should be cleaned after your MRSA infection has cleared. This is because we lay

on carpets, walk on them, and they get dusty all the time. This allows them to harbor tiny MRSA colonies. If it is too expensive to have them cleaned, then rent a cleaner and do it yourself. During my infections, I only went to certain areas of my house so I wouldn't have to clean the entire house every time my infection ended.

- **Cats and Dogs:** It is important to understand that you can give your pets MRSA. If it doesn't infect them, they can carry it to other areas of the house, spread it to other family members, or give it back to you once your infection has passed. It is in your best interest to try your hardest to keep your pet away from you during an infection. If this is impossible, ensure you give him frequent baths with a shampoo that kills MRSA. **NOTE:** I will provide a bit more information on this in Part 3 of this book.
  
- **Warning 1:** Never, ever squeeze your boil or try to lance it on your own. The average person is NOT qualified to do this. The reason why is because if

you squeeze it the wrong way, you can push the infection into your blood. Once it is in your blood, within seconds it can be sent to any part of your body with normal blood circulation including your heart and lungs. MRSA can become lethal in the blink of an eye if it gets in a person's blood stream. So please seek medical attention for this to ensure your safety.

- **Warning 2:** If you ever see red lines around your infection beneath your skin (sort of like red little veins shooting out of your infection) seek medical attention **immediately**. This is a dangerous sign that MRSA is spreading to your blood. This is critical information that many MRSA victims don't know that can potentially save your life.



## Final Thoughts

The 2 biggest points I want to reemphasize in how I suppress MRSA are:

- **I take turmeric every day.** Some people take turmeric for treatment as you can see on the Earth Clinic website; I took it for prevention as well. This being said - I took turmeric with food and plenty of water (at least five 8 oz bottles per day). Turmeric can cause constipation. If I feel this is becoming a problem I decrease my dosage and increase my water intake. Sometimes I also drink prune juice as a laxative or ate a good cereal high in fiber.
  
- **I use Tea Tree Oil regularly,** especially when I first took on this program. Furthermore, I pay close attention to my underarms, between my legs, and my buttocks - the key areas where MRSA loves to colonize. Initially, I also used *Mupricin* in my nose that was prescribed by my doctor.

The key to this program is sticking to it. I'm not going to lie, MRSA was a royal *pain in my ass* to get rid of (I apologize for the language, but it's true). But Turmeric and Tea Tree Oil are both very effective compounds. I have provided empirical proof of how successful these compounds have been with MRSA victims and in scientific studies. There is also further information out there on Turmeric and Tea Tree Oil, but I provided the **most specific** data to keep this information as concise and easy to understand as possible.

## MRSA Program Steps

(This is how I did it)

### Internally:

1. Take two 500mg turmeric capsules three times a day with food and plenty of water.
2. Take a multi-vitamin just to ensure I'm getting all the minerals and vitamins I need. Additionally I want to ensure I have the necessary building blocks to keep MRSA scars to a minimum (I speak more about this in the "MRSA Scar Report").
3. Reduce my sugar intake because diets high in sugar actually **promote** bacterial growth as they depress your immune system. It's like this -- sugar is your bitter enemy. It will beat up on your immune system making you more vulnerable to MRSA attacks. It is *absolutely critical* that you cut back on the soda, candy, and sweets.

### Externally:

1. Put Mupricin in my nose 2-3 times a day - doing this for a week straight, taking the next week off,

doing it again for a week straight, etcetera ... until I finish off the tube.

2. Take 2 Warm Showers a day with TTO body wash (while examining my body carefully, checking for new infections).
3. Dry off (Dry Infected areas last so I don't spread the infection).
4. Use 100% TTO on and around the infection. Also place 100% TTO in the primary places MRSA likes to hide out on the body (armpits, buttocks, and between the legs).
5. Apply a bandage to the infection to help keep it isolated.
6. Massage the 15% TTO lotion into the rest of my body (putting more on throughout the day if my schedule permits).
7. Use a warm compress when I can to help bring my infection to a head.
8. Wash my hands frequently, like it's the thing to do.

## **Disinfecting:**

1. I like bleach and water to clean. I have found that it is easy to go out and buy a cheap spray bottle, mix the solution, spray it on the surfaces I use (Most of my cleaning takes place in the bathroom - - I cleaned the toilet seat every time I sat on it), and let it sit for 5-10 minutes.
2. Wash my clothes, towels, and bedding daily in Tide with Bleach and hot water. Additionally, I dry my clothes on high heat.
3. Throw out anything that touched my infection that cannot be properly cleaned/sterilized (i.e. make-up, razors, hair clippers, stick deodorant, etcetera).

Once I got rid of my infection, I would gradually start reducing my turmeric dosage as well as the use of TTO oil and lotion ... but I didn't do this for about 2 months because I was so paranoid.



## **Additional Resources**

### **\* Science Daily \***

The *Science Daily* is one of the best resources I've found online when it comes to breaking news on MRSA and the new treatments that are becoming available. The *Science Daily* provides an abundance of articles, videos, and studies on a wealth of different topics. The link to the website is below. All you have to do is go to the website and type "MRSA" in the search box to the right and hit enter. To see different videos or articles, all you have to do is click on the respective tabs after your search ... enjoy!

**[www.sciencedaily.com](http://www.sciencedaily.com)**

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### **\* MRSA Forum \***

Below is the link to a dedicated MRSA forums where hundreds of people suffering from MRSA gather to explain the problems they are facing - a place where MRSA victims go to help each other out. One forum is

based in the US and Canada with 1018 various topics (to date). The other discussion forum is based in England with 2200 different topics (to date). Collectively, these forums provide over 5000 different postings as MRSA relates to key issues such as: surgery, antibiotics, pets, medical advice, and special products.

**[www.mrsa-forum.com](http://www.mrsa-forum.com)**

## **\*\* UPDATE \*\***

The following section consists of 3 additional items I have found showing promising results for MRSA victims. I've done extensive research on **each** and I feel they *may* prove useful as alternative methods for controlling MRSA.

But before you go on, understand something: I never used the methods I'm about to mention. I have already told you **exactly** how I ended my infections and there is no more to that story.

Why am I carrying on about this? Because during my struggle I **hated** getting laundry lists of "methods and theories" on how to stop MRSA without a specific plan. You know ... where I still had to figure out everything on my own.

Nope - that's not what this is for. You already hold the same key I used to unlock MRSA's nasty cycle and set myself and my family free. These three things are simply additional info ... enjoy!



## Three Final Weapons MRSA Can't Stand

### **\*\* Secret Weapon Number Three \*\***

The first *silver bullet* I want to introduce you to is "Manuka Honey." Unfortunately, my husband and I have never used this personally on our MRSA attacks, but because I have come across it so often in my continuing education for superbug treatment ... I felt I should mention such a promising product to my clients.

To be honest, I have found a whole lot of studies on Manuka Honey and all of its purported health benefits. This is probably why it has so much information published across the Internet as well as in the news. Here is a little bit of information on the basics of Manuka Honey and how it may help you.

First off, please understand that Manuka Honey is **not** the same honey you go and buy from your local grocery store. Manuka honey is produced by honeybees that feed on the flowers of the manuka plant - better known

as the ‘tea tree.’

The tea tree is well known for its antibacterial and antifungal properties. Manuka honey has been used for decades as a disinfectant and wound dressing to prevent infection and fungal colonization. But before you think putting manuka honey on a wound seems a bit strange or weird, understand that this was widely used for medical treatment, even through World War I.

The basic claim behind Manuka Honey (for MRSA specifically) is that when you apply it as a dressing, it draws the water out of the bacteria, making it impossible for MRSA to survive. Additionally, the honey helps to keep the wound moist, nurturing the growing tissue with important amino acids and vitamins so the wound heals with less scarring.

But I don’t believe everything I read; regardless of how many times I see it across the Internet. I like to see proof. And as my client, I want to provide proof to you as well. So guess what? I’ve done just that. Here are some

testimonials on the effects of Manuka Honey. Many of the testimonials you will see include photos that help document how the Manuka Honey healed over time. And to be honest, I guarantee some of the before/after pictures are going to **shock you**. But I must warn you ... some of these pictures are extremely graphic. (Note: Not all of the testimonials are MRSA specific, but they are there.)

**[www.manukahoneyusa.com/CustomersTestimonies.htm](http://www.manukahoneyusa.com/CustomersTestimonies.htm)**

(Copy the link exactly & scroll down for testimonials)

I've also seen other testimonials across the Internet that have helped make me a believer ... but the above website contains the most extensive list all in one place. I told you that you wouldn't believe it!

But before I tell you how I would use this with my current program, I just want to mention how to purchase Manuka Honey. To begin, understand that NOT all Manuka Honey has the same medicinal properties. Because of this, a centralized rating system was created to help consumers know exactly what they are getting. This

scale is actually regulated and the honey manufacturers must send their honey into a lab that runs the test to provide a rating of how ‘medicinally active’ their honey is. The rating scale is known as the Unique Manuka Factor or ‘UMF’ for short. Whenever you are looking for a Manuka Honey to purchase you should look for a brand with ‘UMF’ on the label and a number. This number represents the antibacterial strength on a 0-20 scale (The highest I’ve ever seen is 16) - The higher the number, the higher the antibacterial activity. However, understand that there may also be a second rating you’ll see that says “Active XX” where ‘XX’ represents a number. This does NOT represent the antibacterial activity. Instead, this takes into account the hydrogen peroxide as well. But to make a long story short, you are looking for something that specifically says “UMF 15” or above. For a VERY detailed breakdown of the rating scale and Manuka Honey in general, please visit the link below.

**[manukahoney.com/resources/umf.html](http://manukahoney.com/resources/umf.html)**

Note: NEVER use regular honey as a substitute for

Manuka Honey. Regular honey initially has antibacterial abilities because it contains a great amount of hydrogen peroxide. However, whenever regular honey loses most of its hydrogen peroxide (once it comes in contact with the skin), it has no other antibacterial abilities left like Manuka Honey. Additionally, honey has a high sugar content that will actually promote bacterial growth.

Though this honey wasn't necessary for my husband and me, based off my continued research and communications with other MRSA survivors, I feel that it may help to kick MRSA out even quicker when combined with Turmeric and TTO. This is how I would incorporate it with my program if MRSA ever decided to show its ugly face again.

Internally:

4. Take Turmeric as usual (two 500mg capsules three times a day with food and plenty of water).
5. Take a multi-vitamin just to ensure I'm getting all the minerals and vitamins I need.

6. Reduce my sugar intake because diets high in sugar actually promote bacterial growth as they depress your immune system.

Externally:

9. Put Mupricin in my nose 2-3 times a day - doing this for a week straight, taking the next week off, doing it again for a week straight, etcetera ... until I finish off the tube.
10. Take 2 Warm Showers a day with TTO body wash (while examining my body carefully, checking for new infections).
11. Dry off (Dry Infected areas last so I don't spread the infection).
12. Use 100% TTO around the infection. Also place 100% TTO in the primary places MRSA likes to hide out on the body (as mentioned in the report).
13. Apply the Active Manuka Honey to the sterile gauze then apply the gauze to the wound or the boil. (In fact, a couple pre-prepared honey bandages have been approved by the FDA, but they are very expensive. "MediHoney" is an

example of such dressing. Please Google it for more information)

14. Massage the 15% TTO lotion into the rest of my body (putting more on throughout the day if my schedule permits).

### Disinfecting:

4. I like bleach and water to clean. I have found that it is easy to go out and buy a cheap spray bottle, mix the solution, spray it on the surfaces I use (Most of my cleaning takes place in the bathroom), and let it sit for 5-10 minutes.
5. Wash my clothes, towels, and bedding daily in Tide with Bleach and hot water. Additionally, I dry my clothes on high heat.

Once I got rid of my infection, I would gradually reduce my turmeric dosage as well as the use of TTO oil and lotion. I would still use the honey though. It makes my green tea a very tasty treat!



## **\*\* Secret Weapon Number Four \*\***

An interesting study has revealed that 470-nm blue light kills MRSA. In this study, 90.4% of both community acquired MRSA and hospital acquired MRSA were killed **within minutes** of exposure to this simple blue light. Here is what the study said:

*“These significant levels of photo-destruction at low dosages indicate that irradiation with 470nm LED light energy may be a practical, inexpensive alternative to treatment with pharmacological agents, particularly in cases involving cutaneous and subcutaneous MRSA infections that are susceptible to non-invasive types of radiation.”*

For MRSA victims, what this means is that “low energy, blue light (of a certain wavelength) can be a cheap, alternative treatment for cases of MRSA on or just beneath the surface of the skin where light can penetrate naturally.”

Here is the link to the full study:

**[www.liebertonline.com/doi/pdfplus/10.1089/pho.2008.2413](http://www.liebertonline.com/doi/pdfplus/10.1089/pho.2008.2413)**

Actually, the antibacterial abilities of blue light have been known for a while. In 2002 the FDA approved blue light to kill the bacteria responsible for acne (note: staph bacteria is the primary cause of acne). In fact, of the lights already on the market for acne, several contain the same wavelength used in this study to kill MRSA. They could easily be used in cases where MRSA is not responding to antibiotics that sits just on the surface of the skin. It could also be used to break down MRSA colonization of the skin for individuals with recurring infections who are sensitive to tea tree oil.

To find these lights, simply Google “acne lights.” Here are two of the least expensive ones I’ve found:

1. The “Blue Dichromatic Light for Color Therapy” is \$52.95. The wavelength span is 400 – 485. Here is a link: **[www.coloranalysis.com/product\\_p/sci-ct-140.htm](http://www.coloranalysis.com/product_p/sci-ct-140.htm)**

2. The “enLux 470nm LED Flood Light” is \$99.95. The wavelength span is 460 – 485. Here is a link:  
**[www.coloranalysis.com/product\\_p/ct-en-2.htm](http://www.coloranalysis.com/product_p/ct-en-2.htm)**

If the links don't work, just search the names through Google. The second choice would be optimal because of its wavelength span. Use of these lights is simple; just illuminate the affected area for 10-20 minutes 1-2 times day at a distance of two to four feet away from the light source. If the area is near the face, ensure you use protective eyewear.



## **\*\* Secret Weapon Number Five \*\***

If you have searched the Internet long enough, I'm sure you've stumbled across a great deal of talk about using colloidal silver to nuke your MRSA. Well, after all the research I've conducted on colloidal silver (as well as talking to some of my clients about it), here's my take on it: I feel colloidal silver *may* work exceptionally well! In fact, my research has caused me to purchase a bottle myself for occasional immune system support.

But before you go out and grab the first bottle of colloidal silver you can find, understand that not all colloidal silver is created equal. There are some things you should know that the average user of colloidal silver has no idea about. So here's some basic information on what colloidal silver really is.

First things first - Yes, colloidal silver is really silver ... or at least a silver residue. A 'colloidal' is a particle that has been broken down and suspended in a liquid. So for the most part, colloidal silver consists of silver particles

floating in water or some other liquid/goo. I know this may sound strange, but understand that silver is found naturally in the food we eat and water we drink everyday.

The basic claim behind colloidal silver is that it acts on MRSA by disabling the enzyme MRSA needs for oxygen metabolism (which translates into: it causes MRSA to suffocate). And the best thing about it is it does all this without harming healthy cells.

Colloidal silver is a product that is taken internally to help boost the immune system. However, MRSA victims could also apply colloidal silver to sterile gauze, and place it on the infected area. This allows the silver to act directly on the MRSA bacteria.

There is one large concern whenever purchasing and using any silver product internally ... **Argyria**. In simple terms, Argyria is a side effect of ingesting elemental silver, silver dust, and/or silver compounds in the wrong dosage or in the wrong formulation. The silver build up in the body can result in a *permanent* blue skin discoloration that

cannot be treated (for more information on this you can search for "argyria" on the Internet). This is why I was so cautious when I searched for the right colloidal silver product for my husband and me.

When I chose my colloidal silver I considered: the company's reputation, formulation, purity, and reviews/testimonials. After all this, I selected "Sovereign Silver" as the best product on the market ([www.natural-immunogenics.com](http://www.natural-immunogenics.com)). To order it, I simply found it on [amazon.com](http://amazon.com) at the cheapest price.

However, you may be wondering if I think it will work so well, why isn't this a part of my regular program? The answer is simple: The thought of taking something that could potentially turn my skin blue kind-of **freaks me out** regardless of how "safe" companies claim their product is.

Note: I would always use colloidal silver in its **Recommended Dosage**. I say this because I know how easy it is for someone suffering from MRSA to take a 'little-bit-more' in hopes of it working faster out of

desperation. With Turmeric, you can do this, but this is not a product I would toy with.

## Part 1 Closing

I hope you found this first section to be both easy to understand and helpful. It consists of how I terminated my MRSA infections. To date, I haven't had an infection since! But before I close this section out, I want to tell you something that I feel is one of the **most important** pieces of information I've learned about being a MRSA victim ...

### **Above All Else, Protect Your Body First!**

There is a lot of information out there that talks about ALL the stuff you should do to beat off MRSA... Wash your cloths 2 times after you wear them ... clean your house 3 times a day with so-and-so ... every time you leave your house you should always blah-blah-blah ... whenever you go to hospitals you should this-and-that, etcetera. But this is ridiculous and it will drive you absolutely crazy trying to keep up with it all! The truth is you just **cannot** control everything you come into contact with (I know because I tried). It just isn't practical.

Now don't take this advice the wrong way. I'm not saying you shouldn't clean or you shouldn't take every precaution you can to keep MRSA away from you and

your family. You definitely **should**. However, you shouldn't do it to the point where you neglect the one thing you have complete control over which is your body. Additionally, whenever you try to keep up with all that other info you can cause a lot of unnecessary stress that can actually break down your immune system - opening you up for more attacks.

So take care of your body first, then do the best you can trying to take care of everything else. Understand? I knew you would. But this is not over yet so please pay attention. In Part 2 of this book, I want to talk to you specifically about staph and MRSA so you get a good understanding of *who* your enemy really is and *what* they are capable of.

This information is just as important as everything else. Why? **Because you can't fight what you don't understand.** A lot of MRSA victims get this wrong. Doctors don't usually explain it clearly enough (as mine didn't) and many MRSA programs don't mention it. This is like going to war without knowing your enemies 'disguises' or capabilities. Sounds crazy huh? Well, I told you I was going to walk you through this entire thing so buckle up because I'm about to hit the gas!





# PART 2

## Understanding 'The Beast'

(A Crash Course on Staph and MRSA Bacteria)

### REMEMBER

I am **not** a doctor and this is **not** a substitute for professional medical advice.



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## **Staphylococcus Bacteria**

*Staphylococcus aureus* (also known as *staph*) is the most common species of *staphylococcus* bacteria. They are naturally found on your skin and they are directly responsible for causing many different skin infections such as boils, carbuncles, and some acne. *Staph* bacteria can endure extreme environmental conditions and linger on your body and around your house for extended periods of time. Then staph can enter your body either through broken skin or mucus membranes - when the opportunity presents itself.

### **Types of Staphylococcus Bacteria**

#### ***Staphylococcus aureus***

*Staphylococcus aureus* is one of the most commonly occurring bacteria on the skin and in the nose. About 20% - 30% of all Americans carry this bacterium on their bodies. Most *S. aureus* infections are mild

(like acne or boils) and can be easily treated without antibiotics. However, severe cases can be life threatening.

***MRSA (methicillin-resistant Staph aureus)***

*Staphylococcus aureus* is generally treatable with antibiotics. But there are some strains (like MRSA) that have developed a resistance to antibiotics. These bacteria have become resistant to a certain class of antibiotics to include penicillin derivatives like methicillin. Out of the 20%-30% carriers of *staph* in America, about 1 % carries this strain. MRSA has become one of the main infections acquired due to hospitalization and it must be treated with care.

***CA-MRSA (community-associated MRSA)***

MRSA can also occur in people who have not been hospitalized. When compared to MRSA, the CA-MRSA strain causes more severe infections. This infection also generally has a faster rate of growth

than MRSA as well. This is thought to be due to toxins CA-MRSA produces.

### ***VRSA (Vancomycin-resistant S. aureus)***

VRSA, also known as GISA (*glycopeptide intermediate Staphylococcus aureus*) or VISA (*vancomycin insensitive Staphylococcus aureus*), is a strain of *staphylococcus* that has developed resistance to a class of glycopeptide antibiotics called *vancomycin*. *Vancomycin* is considered to be the drug of “Last resort” due to the side effects it causes. Therefore this is used only if other antibiotics have failed.

## **Colonization**

Colonization of *staph* bacteria means it is being carried in two or more places on your body without causing an infection. *Staph* can live on any part of the skin especially the nose, hands, inside the throat, underarms, on the perineum (region between the thighs), or in the

bowel. To know if you have *staph* colonized on your body, consult your local physician so he/she can administer a culture.

## **Infection**

When a *staph* bacterium enters your body it starts to grow rapidly while it produces toxins. Treatment should start as soon as the first symptoms are noticed. This includes taking antibiotics, using creams, strengthening the immune system, etcetera. Beginning treatment early will help keep the infection from spreading.

Diseases and conditions caused by the *staphylococcus* infections can vary from mild to life threatening. They include:

□ **Boils and skin infections**

Boils are generally a result of a bacterial infection of the hair follicle. When the bacteria enter the skin, they begin to multiply rapidly.

□ **Carbuncles**

Adjoining hair follicles being infected and clustered together is called a Carbuncle.

□ **Folliculitis**

This is similar to a boil. It consists of small pimples with white heads. This rash-like eruption can appear anywhere on the body.

□ **Cellulite**

Cellulite is caused by an infection that affects the skins deeper layers (dermis and the subcutaneous tissue). Though people with open wounds can get cellulite, a majority who get it do not have any breaks in their skin. People with impaired or

weakened immune systems are at a greater risk of developing Cellulite.

□ ***Staphylococcal* scalded skin syndrome**

This is a *staph* infection characterized by the peeling of the skin. This is due to the toxins released by the bacteria. When this happens, it will cause fluid blisters and the top layer of skin will get separated. This condition can be seen mostly among infants, young children, and individuals with a depressed immune system.

□ **Toxic shock syndrome**

This is when *staphylococcus aureus* reaches the blood stream and releases its toxins. The host will experience sudden symptoms of vomiting, diarrhea, onset of a fever, peeling of the skin, and a skin rash similar to a sunburn. These symptoms can be accompanied by the lowering of blood

pressure that can lead to a coma or damaged body organs.

□ **Wound complications**

*Staphylococcus aureus* is often responsible for various wound-healing complications (whether surgical or accidental). When the wound gets infected with *staph* bacteria, the symptoms of oozing pus, fever, heat, and chills may occur.

□ ***Staphylococcal* food poisoning**

*Staph* food poisoning is caused when the bacteria living in food starts to multiply rapidly and produce toxins. The main cause for the bacteria to multiply is due to insufficient control of the temperature in food. This is common in foods like meat, poultry, milk products, salads, cream filled bakery products, and dairy precuts. Symptoms of this disease include, vomiting, diarrhea, and stomach cramping.

These symptoms usually occur within 1 - 6 hrs after consuming the contaminated food.

□ **Other *staphylococcal* infections**

**Sty:** staph infection in the eye

***Breast abscess or mastitis*** (*inflammation of the breast*): this is seen in nursing mothers. The *staph* abscess can release bacteria to a mother's milk. Antibiotic treatment is recommended in this situation while feeding the baby. It is considered safe to use antibiotics to treat this disease as long as the baby doesn't develop an allergy. The baby generally will not get a *staph* infection from the breast milk, but may be at risk if the baby gets in to direct contact with the mothers infected wound.

***Osteomyelitis:*** Infections in the bone and joints.

**Lungs:** *staphylococcus* pneumonia can occur in the lungs. This happens when the bacteria enters the blood system and lodges in the valves of the heart or is accompanied by influenza.

**Endocarditic:** *Staphylococcus* infecting the inner lining of the heart. This can cause irreversible damage to the heart and can be fatal.

## **Bacterial Invasion of the Blood System**

Blood vessels are permeable tubes embedded beneath the layers of skin. When a boil is caused by a bacterial infection, there is a chance for the bacteria to penetrate to the blood vessels via injured skin. Once it gets into the blood system the bacteria can be dispersed rapidly to any organ of the body with standard blood circulation. This can cause septicemia (blood poisoning).

This condition is not very common because as soon a bacterium enters the body, the immune system will try to eliminate it. But in the event that it survives, it can cause wide spread infections like *Staphylococcal* pneumonia, infection of the heart valves (endocarditic) which can lead to heart failure, osteomyelitis, and *Staphylococcal* sepsis (widespread infection of the bloodstream).

### **Lethality of Staph Infections**

Most *staph* infections can be treated easily and do not cause complications. However, other *staph* infections can be fatal. The drug resistant forms of *Staphylococcus aureus* i.e. MRSA, CA-MRSA, and VRSA can cause fatal infections. In 2005, the 94,360 reported cases of CA-MRSA resulted in 18,650 deaths. Researchers at the Centers for Disease Control found the reason behind this is due to a bacterial protein (phenol-soluble modulins) that is capable of damaging the infection fighting white blood cells. Diseases like pneumonia are becoming common in hospitalized

patients. Most pneumonia patients were infected with the influenza virus, which later progressed into MRSA pneumonia. In some cases the antibiotics used to treat this infection did not respond, and the patient died.



## **Risk Factors**

Anyone (including healthy people) can get *staph* infections. But the following have a higher risk:

*\*Note: S. aureus, MRSA, and CA -MR SA can infect through the same means; however, their primary means of infection are listed below.*

### **Staph Aureus**

#### **□ People with a weak immune system**

The immune system is responsible for fighting infections that enter the body. When the immune system is weak, bacteria can easily invade the body and cause infections. This includes patients who are suffering with AIDS, taking immune suppressing medications, elderly, newborns, and patients who are suffering from chronic infections. Therefore, it is extremely important that people with the above conditions practice

good hygiene procedures and take care of their wounds.

□ **Other skin conditions**

Intact skin acts as an excellent barrier against disease, preventing infections from entering your body. Therefore any wounds caused by boils, acne, etc. should be treated promptly.

□ **Diabetes**

This health condition makes you more susceptible to all types of infections. A MRSA infection in a diabetic is especially difficult to eliminate.

□ **Clothing that binds or chafes**

Irritation caused by wearing tight cloths can cause breaking in the skin and make it easier for bacteria to enter the body.

**Prolonged Use of Antibiotics**

This can result in bacterial resistance to an antibiotic.

**Through a Carrier**

Staph bacteria can live dormant on the skin and the nasal passage without causing any infection. But it can be contagious and will grow rapidly in favorable conditions.

**Recovering from a major surgery**

**Patients who reuse needles**

**Breastfeeding mothers**

**MRSA**

**Hospitalization**

Though there has been much effort to eradicate MRSA from hospitals, it still manages to cause

many problems for hospital patients. This pathogen easily attacks the most vulnerable individuals with a weak immune system or with injuries and/or surgical wounds.

**Residing in a long term care facilities**

Most people who are sent to these care units are carriers of MRSA. It was found that MRSA is often more prevalent in these care units than in hospitals.

**Invasive devices**

Invasive devices like dialysis, catheterized, or feeding tubes makes it easier for the bacteria to enter the body.

## **CA-MRSA**

**Young age**

CA-MRSA in children can be very dangerous and deadly. The bacteria invade the body through a scrape and within hours it can cause a massive

systemic infection. This can be due to an immature immune system in children or due to the fact that they have not developed the antibodies to defend against common germs.

□ **Participating in contact sports**

CA-MRSA can spread easily through wounds when skin-to-skin contact occurs. This is seen in both amateur and professional teams. When playing contact sports abrasions, lacerations, and contusions of the skin are common. Furthermore, sweating facilitates MRSA penetration.

□ **Sharing towels or athletic equipment**

This infection is commonly seen in athletes who share razors, towels, uniforms, and equipment. Equipment should be sterilized on a regular basis.

□ **Living in crowded or unsanitary conditions**

Outbreaks of CA-MRSA have been reported in military training camps and in some prisons, killing inmates and infecting guards and staff.

# Fighting MRSA and Staph

## The Immune System

The main responsibility of the immune system is to protect your body from bacteria, viruses, and other invading microorganisms. The immune system consists of the following.

1. Skin
2. Thymus
3. Spleen
4. Lymph system
5. Bone marrow
6. White blood cells
7. Antibodies
8. Complement system
9. Hormones

There is a 3-step process of how your immune system protects your body from infection-causing microorganisms.

1. Preventing infection causing microorganisms like bacteria from entering the body.
2. If an infection-causing microorganism enters the body, your immune system will try to eliminate it before it begins to reproduce and release toxins.
3. If an infection-causing microorganism enters the body, reproduces, and releases toxins causing an infection, the immune system will fight against it until it is eliminated.

The primary method of warding off infection is by never letting it enter the body in the first place. This is why good hygiene of the skin is so important. Skin acts the same way plastic wrapping acts to protect food. It is impermeable to viruses and bacteria. Skin also

secretes antibacterial substances. Your nose, mouth, and eyes are also obvious entry points for germs. But the body has mechanisms to overcome this problem. E.g. Saliva contains antibacterial components; tears contain lysozymes (an enzyme), which can breakup cell walls of the bacteria; your nasal passage, throat, lungs, and skin is lined with mast cells. Therefore, infection-causing microorganisms will have to pass all these defenses before they can get inside the body to produce an infection.

## **How Staph Avoids Your Immune Response**

The most probable route for *staph* bacteria to enter the body is through broken skin or via the mucus membranes. Though it's hard to invade the body, once it's inside *staph* bacteria has developed numerous mechanism to avoid host defenses. Here's how it does it:

### **□ Hide its antigens to avoid an immune response**

A rapid immune response is triggered by the presence of antigens. If the bacteria hide their

antigens, bacteria can enter the body undetected where it can rapidly reproduce inside a cell and invade the body.

□ **Kill infection-fighting cells (phagocytes)**

By releasing toxins that are lethal to phagocytes, bacteria can destroy opposing infection fighting cells.

□ **Develop Resistance to Antibiotics**

□ **Release toxins (intoxication)**

*Staphylococcus aureus* is capable of releasing several toxins that are categorized into three groups.

1. Pyrogenic toxin super-antigens: the super-antigen properties will over stimulate the immune system which can cause toxic shock syndrome (TSS).

2. Exfoliative toxins: this mostly affects children. They can cause scaled skin syndrome.
  
3. Panton-Valentine Leukocidin (PVL):  
This is found in CA-MRSA strains and cause pneumonia in children.

## **Boosting the Immune System**

There are several things you can do to boost your immune system. Here are a few:

- Deep Sleep:** sleep can have a definite effect on boosting your immune system. Lack of proper sleep can weaken the immune system
  
- Moderate exercise, at least 3 times a week:** Though moderate exercises help to boost the immune system, excessive physical activity can make your immune system weak.

- **Reduce stress:** any kind of stress - emotional, physical, and psychological - can damage and weaken your immune system.
  
- **Eat more fruits and vegetables:** fruits and vegetables contain flavanoids, which hold antibacterial and antiviral properties. Consuming onions, garlic, and culinary herbs like turmeric can have a definite effect.
  
- **Ingest healthy probiotic bacteria.**
  
- **Reduce or eliminate smoking**
  
- **Get a massage:** massages reduce the cortisol levels in the body.
  
- **Find a way to Still Your Mind:** Pray, meditate, or listen to music.
  
- **Relax:** Do yoga or relaxed breathing and stretching, at least once or twice a week.

## **Antibiotics**

There are times when the immune system needs help to combat a bacterial infection. This could arise either due to an immune system that is not able to activate itself quickly enough to outpace the reproductive rate of a certain bacteria; or the bacteria is producing toxins so quickly that it will cause permanent damage before the immune system can eliminate the bacteria. In a situation like this, antibiotics are used to kill the infection causing bacteria.

An antibiotic uses two mechanisms to destroy bacteria

1. Kill bacteria directly (bactericidal)
2. Hamper the bacteria's ability to grow and reproduce (bacterio static)

Though antibiotics destroy the bacterial cells, they do not normally harm the cells in the human body (though they may cause side effects). Antibiotics usually take 7-10 days to kill all the bacteria. But within 2 days of taking the antibiotic, you will start to feel better since a majority of the targeted bacteria will be destroyed.

Antibiotics have saved millions of lives and were dubbed the “miracle drug”. But with time, researchers have found that their effectiveness has reduced as the bacteria have developed a resistance to them. In the near future, this will make bacterial infections very difficult to treat. This has become a significant concern to the medical community.

## **How Bacteria Become Resistant to Antibiotics**

Bacterial resistance to antibiotics can stem from the following reasons:

1. Long term use of antibiotics
2. Misuse of antibiotics

### 3. Using antibiotics that kill a wide variety of bacteria

There are various ways bacteria counter antibiotics. These include:

#### **Preventing the antibiotic from getting to its target**

This is done when bacteria alters its cell wall structure making it impermeable to antibiotics. Another way bacteria stops antibiotics from reaching its target is by producing a molecule that will bind to the drug (if it enters the bacterium) and take it out of the bacterial cell before it can affect the bacteria.

#### **Changing the target**

Antibiotics work on bacteria by binding to it. However, sometimes the bacteria respond by changing its structure so the antibiotic will not recognize it.

## □ **Destroying the antibiotic**

This is an extreme mechanism adopted by dangerous bacteria like MRSA. Here the bacteria neutralize the antibiotic directly. For example, a resistant strain of *Staph* bacteria produces enzymes called  $\beta$ -lactamases that destroy penicillin.

Many bacteria do not initially have the ability to grow resistant to antibiotics. However, this phenomenon develops when the bacteria acquire a gene allowing them to do so. This occurs one of the following ways:

### **1. During transformation**

This is a process whereby the bacteria alters its DNA composition by incorporating foreign genetic material called plasmids. One plasmid can encode resistance to many different antibiotics.

### **2. Through a transposon**

This is when the genes change position within the genome causing mutations

### **3. By scavenging DNA remnants from dead bacteria**

When a resistant gene gets incorporated to the bacterial chromosomes all of its offspring will carry this and the resistance will continue.

### **Statistics on Antibiotic resistance in Bacteria**

Antibiotic resistance by pathogenic bacteria is a concern to anyone, the young and the old, the healthy and the chronically ill. It is particularly a serious concern for people who are critically ill and patients with a compromised immune system.

Each year in America about 2 million people are hospitalized due to various bacterial infections. Out of that, about 90,000 die. The physicians have found that of the people who are hospitalized, about 70% are infected with resistant bacteria.

MRSA is no longer confined to hospitals. A study based on community-acquired *staph* infections was done by University of Texas involving children. What they found was 70 percent were infected with MRSA. About 12,000 cases of CA-MRSA were found in three correctional facilities (Georgia, California, and Texas) between 2001 and 2003. About 235 cases of MRSA were found in military training camps in southeastern United States.

A study done at Driscoll Children's Hospital in Corpus Christi, Texas, reports the number of infections caused by MRSA shot up in five years, from 9 in 1999 to 459 in 2003. Though most of it was abscess formations, few were life threatening.

## What Can We Do?

Here are a couple things we can do to stay MRSA Free:

### □ **Avoid skin injury**

The most preferred entry point of all *staph* infections (including MRSA and VRSA) is through injured or broken skin. Therefore even a minor surgery carries the risk of being infected with *staph* bacteria. Also consider that micro-tears can occur if you are prone to having dry skin.

### □ **Keep the Immune System strong at all times**

Weak immune systems make it easier for bacteria to invade the body and begin its infection process. If a patient is planning a surgery, it is advisable to take an immune boosting supplement at least for 3 months prior to the surgery.

## □ **Using antibiotics**

Antibiotics should be used with a lot of care. The dosage prescribed by the doctor should be followed **strictly**. If the dosage is not adequate to combat the infection it will not be effective and the bacteria can develop resistance to the antibiotic. However, the drug should be taken for the full number of days prescribed.

Of note, antibiotics should not be used to treat viral infections. Antibiotics have no effect on viruses. It is found that 60% of children are treated with antibiotics for a common cold (which is viral). This will only lead to the development of more resistant bacteria.

## **Self Care and Prevention**

How can you prevent dangerous Staph Infections?

- Carefully wash clothes, bed linens, and towels of a family member who is infected with *staph*.
- Clean and treat minor skin wounds promptly.
- Practice good personal hygiene.
- Stay as healthy as possible
- Wash your hands thoroughly after treating a boil or anything that has come in contact with it.

### **How to prevent spreading Staph Infections to others**

- Cover the wound: when the infection starts to ooze, it should be cleaned and bandaged well to

prevent the spread of the infection

- Do not share personal items: personal items like towels, washcloths, razors, clothing, or uniforms that may have had contact with the infected wound or bandage should not be shared. Drying clothes in the dryer is a better method than drying clothes in the air due to the associated temperatures.
  
- Clean your hands: hands should be cleaned well using an antibacterial hand wash, or an alcohol-based hand sanitizer after touching the wound.
  
- Talk to your doctor

## Final Words

I hope Part 2 has helped you answer all the questions you or your loved ones have about MRSA and *staph* infections. Ultimately, this is a fight that mankind must work together on if we plan to stay ahead of these vicious bacteria growing more resistant by the hour.

In the next section, we'll talk a bit more on how to keep yourself and your family safe from MRSA. I will also provide some additional tips and tricks I picked up during my 3 year fight against MRSA. Once you are armed with this knowledge - you will have all the necessary pieces to the puzzle and you'll be a lot better off on your journey to a complete and speedy recovery!







# PART 3

## Additional Information

This section consists of short articles containing various tips and additional advice.

### **REMEMBER**

I am **not** a doctor and this is **not** a substitute for professional medical advice.



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## How to Protect Your Children from MRSA

MRSA is now commonly found in the schools and daycare centers across the nation. It can be frightening knowing you are sending your child out to possibly come into contact with this powerful staph infection. This is why it is very important that you know how to protect your children from MRSA in the schools and daycare centers.

If you send your child to daycare it is a good idea to send as many personal items with him as possible. Send a blanket, a sleeping mat, clothes, his own eating utensils, etc. This will reduce his risk of coming into contact with MRSA because he is **not sharing items** with other children. Bring these items home frequently and wash them in hot water and bleach.

You need to teach your toddler how to wash his hands properly. Teach him how to scrub all surfaces of the hands and fingers while singing his favorite song. This will ensure that he washes long enough. Make sure your toddler knows to wash his hands after using the bathroom and before eating.

If your child has a cut or scrape, make sure you cover it with a bandage. Clean the cut daily with a good

antibiotic soap and watch it for any signs of a worsening infection such as drainage, swelling, or redness. If the cut does not seem to be healing you need to take your child to the doctor.

If you have an older child in school, you need to stress the importance of good hand washing techniques. Send hand sanitizer to school with him and encourage him to use it. Contact sports are where a lot of children and teenagers come into contact with MRSA. Ensure his sports equipment is being cleaned frequently. It is important that you keep all cuts and scrapes covered completely with a secure bandage. Tell your child to cover the benches in locker rooms with a towel before sitting down.

If your child has MRSA, and he has a wound that is draining, you need to keep him out of school until the wound has cleared up. You do not want to expose the other children to MRSA. This is how a MRSA outbreak can occur.

## **The Truth About MRSA and Pets**

MRSA cases are on the rise all over the country. Millions of people are hospitalized each year due to this deadly infection. When you think of getting MRSA, you probably think about coming into contact with these bacteria from touching infected objects such as a shopping cart or coming into close contact with a person who has MRSA. But did you know your pets could carry MRSA also?

Animals can catch MRSA the same way humans can catch it. If an animal has surgery or has to stay at a clinic for any period of time it can come into contact with MRSA. A lot times the animal can be a carrier of MRSA but never become ill from it.

If you have MRSA and allow your pet to sleep with you, kiss you or even eat off your plate then you could be spreading the infection to your pet (who could spread it to another family member OR give it back to you). If the animal is healthy, chances are he or she won't become ill. However, it can depend on the type of pet you have. Some pets may be more susceptible than others when it comes to falling ill with MRSA.

It is important to remember if you have chronic health conditions that weaken your immune system, you could consistently get MRSA from your pet. There have been cases in which patients get treated for MRSA, only to have the infection flare up again. When the pets in the home were tested, they were found to be MRSA carriers.

If you find that your beloved pet is a MRSA carrier, don't despair. The colonization of MRSA in pets usually last only a few weeks and it will eventually resolve itself. However, it is important that you keep your pet away from other animals and humans until their colonization is gone. When you bath your pet, make sure you wear rubber gloves. Always wash your hands after having contact with your pet and never let your pet kiss you during this time.

You can get MRSA from your pet, and you can give MRSA to your pet. But if you both take the necessary precautions you can stop this cycle of infection.

## How to Clean For a MRSA Free Home

Did you know MRSA can live on surfaces for weeks and even **months**? If you or someone in your home has a MRSA infection it is critical that you clean your home more often. However, you also want to ensure you are using the right cleaning supplies that will eliminate MRSA from your home so you protect other members of your family from this super bug.

You should dust your home daily. A good amount of the dust in your home is made up of dead skin cells. These skin cells can contain MRSA making your dust a carrier of the bacteria. Make sure you wear gloves and use a dust cloth that will pick up the dust and **not** scatter it all over the house.

Bleach is great for killing MRSA. You can mix one tablespoon of bleach to one quart of water and put it in a spray bottle. You will have your own bleach spray solution that you can use all over the house. Clorox disinfectant wipes are a good thing to keep on hand also. However, aside from the obvious flat surfaces in your house, pay careful attention to these 7 "Hot Spots" that most people overlook:

1. Door handles/knobs

2. Light switches
3. Keyboards and Mice
4. Telephones
5. Remote Controls (Television and Video Game)
6. Keys
7. Armrests

When you do laundry, you should launder the clothes and bedding of the MRSA patient **separately** and **daily**. This is especially important if there is a draining wound present. If the cloths sit in a laundry basket for any amount of time, ensure it is NOT a basket with ventilation holes. Wash all clothes and bedding in hot water and use bleach in your wash. It is good practice to use disposable gloves while you handle the clothing items with care.

If you don't like the thought of using excess amounts of bleach, you can search for "green" cleaning products that contain no harsh chemicals. Read the labels and make sure it says it will kill MRSA. It is not good enough to assume just because it states it is an "antibacterial" that it will kill MRSA. You have to remember that MRSA is resistant to a lot of antibiotics, and therefore, it is harder to kill than regular staph.

Good hand washing cannot be stressed enough when it comes to wiping out MRSA. **Do not** use bar soap because bacteria can cling to it. Scrub your hands with soap and warm water for a minimum of fifteen seconds. Cover all areas of the hands as you scrub. The friction from scrubbing will remove bacteria from your hands. Additionally, do not forget under the nails. Insist that everyone in the family practice good hand washing techniques.

Keeping a clean house and maintaining good hand hygiene can dramatically stop the spread of MRSA in your home.



## How to Know if You Have MRSA

How can you know if you have MRSA?

In most cases, MRSA will manifest itself as a boil or some other type of skin eruption. It is very important that you pay close attention to any type of skin abnormality you may have. If the boil or bump becomes larger or starts to become painful then you should visit your doctor. A lot of times MRSA will remain on the skin but if left untreated it can spread to other parts of the body. It can also get in your bloodstream and cause life-threatening complications.

Having surgery puts you at risk for MRSA also. This is because you will have an open area that allows an entryway for these bacteria. Sometimes you can catch MRSA at the hospital and get infected after you come home. If you have had any type of surgery, it is critical that you keep the wound covered and that you keep it clean. Always wash your hands before and after changing bandages or touching the wound. If you notice increased redness or draining from the wound then you need to see your doctor right away.

The **only way** to confirm the presence of MRSA is a laboratory test. Your doctor will take a sample of

drainage from the wound or the boil that is infected. This sample is then sent to the lab and placed in a culture dish. It takes about forty-eight hours for the culture to grow and for the source of infection to be identified.

But the good news is there has been a new lab tested developed that can detect the presence of MRSA in just a few hours. The FDA recently approved this test. The rapid detection of MRSA can allow for quicker treatment and a better chance of recovery. However, this test is not widely used yet, probably due to the cost of purchasing the equipment to perform this test.

If you think that you have MRSA, it is highly critical that you see your doctor as soon as possible. The sooner you know that you have MRSA .... the sooner you can begin treatment to get the infection under control.

## **Dealing With MRSA During Pregnancy**

If you are pregnant I'm sure you are concerned about your health and the health of your unborn baby. You eat right, get plenty of rest and follow your obstetrician's advice to the letter. But what about the germs and bacteria you come into contact with every day? What happens if you come into contact with MRSA? Will this be harmful to your baby?

If you are pregnant and live with someone who has MRSA you should do your best to avoid close contact. It is very important that you wash your hands thoroughly and frequently. If the infected person has a draining wound, insist they keep it covered and dispose of the bandages properly.

There is no evidence of MRSA causing any type of birth defects or causes miscarriages. If you get MRSA while you are pregnant, there are antibiotics you can take that are safe. It is important that you finish all the antibiotics prescribed to you, even if you are feeling better.

If you are breastfeeding, you can still take antibiotics. Most antibiotics will not cause a problem for your baby. If your baby develops hives or a rash, or if you notice a

change in the baby's stool, you should call your doctor **immediately**. He may need to change your antibiotic because your baby is having a reaction to it.

Being pregnant and dealing with MRSA is scary. However, if you practice good hand hygiene and take good care of yourself, there is no reason why you can't have a healthy baby.

## **How MRSA Can Affect Your Children**

Daycare centers, schools and other public arenas have become breeding grounds for MRSA and other serious infections. Therefore, it is natural to have concerns about how MRSA will affect your children. But first you must realize that children are resilient. As long as they have a good immune system they usually can make a full recovery from a MRSA infection.

MRSA in children and babies will usually manifest as some type of eruptions on the skin. This can be in the form of boils or a rash. Staph infections are easily transmitted from child to child because children don't wash their hands like they should, and they play together in very close contact.

So how dangerous is MRSA to your child? That depends on several factors. If your child has an underlying health condition such as diabetes or any other condition that weakens the immune system then MRSA can be quite dangerous. It is very important that you get your child treated as soon as possible.

If your child is normal and healthy then MRSA shouldn't cause too many problems other than skin eruptions.

The best way to protect your child from a MRSA infection is to teach your child good hygiene habits. You should also make sure your child eats a healthy diet and give him a good multivitamin to supplement. A healthy immune system could be your child's best defense against MRSA. You should always get any type of rash or skin condition checked out by your doctor as soon as possible. The quicker you start treating MRSA the better.

## Top Places Where MRSA Loves To Hide Out

The number of MRSA cases is climbing every year. This infection was once contained to healthcare settings only. But now this monster has escaped ... running free.

Since you can't live in a plastic bubble, you need to educate yourself on where you can come into contact with MRSA. Once you know the common places MRSA can hide you will be better prepared to prevent it. Short of me saying "MRSA is everywhere" - these are some of the top places MRSA loves to hang out in your neighborhood.

- Schools. In recent years there have been MRSA outbreaks in the school. Protect your child by teaching him good hand hygiene.
- Public toilets. Always wash your hands after using the restroom. Always use the disposable toilet seat covers when available.
- Shopping carts. The handles of shopping carts are teeming with bacteria. Wipe them down with the disinfectant wipes that most stores provide. If your store does not provide them, bring your own.

- Your hairdresser/barber. Make sure your hairdresser properly disinfects her tools between clients.
- The tattoo parlor. It seems everyone is getting a tattoo these days. However, these tattoo shops can be full of various types of bacteria. It is within your rights to know the process the tattoo shop uses to disinfect equipment between customers.
- The gym. MRSA can live in the locker rooms and on the equipment. Most gyms will provide disinfect sprays and towels to wipe down equipment before and after use. Take advantage of this. Never go barefoot in the locker room and place a towel on the benches before sitting. Shower after your workout.
- Restaurants. MRSA has been found in many restaurants across the nation. It can live on any surface, which can include the table, eating utensils, and it can even get into the food itself via the hands of an employee. You can choose to bring your own utensils if you're "hard core." If you happen to notice an employee not washing his or her hands after using the bathroom, I would suggest you tell the manager and not eat there again.

So as you can see, MRSA can be anywhere. You can protect yourself by washing your hands frequently. Wipe down **anything that is shared by the public**. Use hand sanitizer when necessary. And always remember, **YOU** are your best defense against MRSA.



## Surviving a Hospital Stay Without Getting MRSA

Being in the hospital is no fun. But to make matters worse you have to worry about getting a hospital-acquired infection such as MRSA. Hospitals are crawling with viruses and bacteria so you are putting yourself at risk every time you get admitted to the hospital. Therefore, you need to know how to protect yourself against bacteria such as MRSA.

It pays to research a hospital before you choose which one you want to use. Some states now **require** a hospital to provide online grade cards that will provide the patient with pertinent information such as their success rate in treating certain diseases. In the near future, hospitals will also be required to report their infection rates. This can come become very handy because you don't want to be in a hospital that has a high infection rate.

Look for a hospital that has private rooms. If you don't have to share a room with another patient then your risk of getting MRSA is lowered. You never know what the person in the next bed has.

Make sure anyone caring for you wash their hands before, and after they touch you. You may feel somewhat embarrassed asking your nurse to wash her hands, but it

is **your life** you are protecting. All health care personnel are trained in proper hand washing procedures and there is no excuse for not following them.

Don't deny housekeeping the opportunity to clean your room. Sure you may feel bad, and you don't want someone in your room. But keeping the room clean is your best defense against bacteria. Hospitals use specially formulated cleaners that kill MRSA. So let housekeeping do their job because they are very important to your well-being.

You can survive a hospital stay without getting MRSA if you follow the advice above. Remember, the **hands spread MRSA faster than anything else** so you need to keep yours clean and insist that everyone caring for you does the same.

## **The Stages of a MRSA Infection**

Note: I rephrased this information from Part 2 to be sure you understand it.

MRSA is a powerful staph infection that has become resistant to the antibiotics once used to kill it. This infection has now become very difficult to kill. In some cases, MRSA can be fatal. But you can protect yourself and your family members by learning more about the stages of a MRSA infection.

The first stage of a MRSA infection is usually a small bump or pimple on the skin. Boils are common in MRSA infections also. This skin eruption will be very red, sore to the touch, and sensitive. It can become filled with pus and look as if it is about to burst. At this point you should start treating this infection before it moves on to the next stage.

The next stage of a MRSA infection can happen if the bacteria move past the skin and deeper into your system. If this happens you may notice fever and flu-like symptoms. If you haven't been to the doctor yet, it is critical that you go now. You need to start treatment before this infection gets any worse.

If MRSA is allowed to advance, it can move to your bloodstream. This is when this infection becomes life

threatening. MRSA in the bloodstream can travel throughout your body and infect your organs. It can get deep into the bone and the joints. MRSA that is allowed to travel freely throughout your body can settle anywhere and cause severe complications. In some cases, it can cause meningitis, coma, and even death.

MRSA is an infection that should never be taken lightly. What starts out as a seemingly innocent boil or pimple can advance to a life threatening disease if you don't begin treatment. The sooner you begin treatment the better the outcome will be.

## Steps You Can Take To Prevent MRSA

MRSA is all around us. You can come into contact with these bacteria at anytime, anywhere. That is why you must learn how to protect yourself from these powerful antibiotic resistant bacteria.

First of all, your immune system is your most powerful ally in the battle against a MRSA infection. If you have a strong immune system it will be much easier to fight off **any** type of infection. Therefore, it is important that you take good care of yourself. This means you should not smoke. Stay away from junk foods and eat plenty of fresh organic fruits and vegetables. Replace white bread with whole grains and wheat bread. Drinking six to eight glasses of water a day is critical to a healthy body. This will help to flush any toxins that are in your system.

Exercise is important to a healthy immune system because it reduces stress and releases specific hormones that are beneficial to the body. Getting eight hours of sleep a night is just as important as a healthy diet and exercise. Sleep is when your body gets to rejuvenate.

If you have a cut or scrape on your skin, keep it clean and dry. Cover it with a bandage when you are out in

public. Any open area on your skin is a doorway for MRSA to "invite itself to the party." If the cut is not healing, see your doctor as soon as possible. Early treatment results in a better outcome. If you do have MRSA take care not to expose other family members to it.

This last piece of advice cannot be stressed enough. Your best protection against MRSA is proper hand washing. Believe it or not there is a right way to wash your hands. Here is the procedure step by step:

1. Turn on the faucet and wet your hands.
2. Apply soap.
3. Scrub all surfaces of your hands vigorously. Don't forget the backs of the hands, between the fingers and around the thumbs. Additionally, don't forget to get under your nails (it is an even better idea to keep your nails short). Scrub for at least fifteen seconds.
4. Hold the hands under the running water with the hands facing down. You want the soap to run off the tips of the fingers and into the sink. Avoid raising the hands upward.

5. Once the hands are rinsed thoroughly, use a paper towel to dry them.
6. Use a paper towel to turn off the faucet to prevent contamination. Paper towels are preferred because it ensures a MRSA victim and a Non-MRSA victim will not share towels. Additionally, cloth towels act as a breeding ground for bacteria and can completely *undo* the effects of hand washing!

Your hands pick up most types of bacteria and viruses. If you use this procedure for hand washing and teach it to your children, you will **significantly** reduce your risk for getting sick.



## **The Lethal USA600 MRSA Strain**

MRSA has been causing problems for people of all ages for the past few years. These antibiotic resistant bacteria are very difficult to eliminate. Thousands of people are hospitalized each year with MRSA. Up until now, MRSA has responded to Vancomycin and a few other antibiotics. But researchers have discovered a newer, more lethal strain of these already deadly bacteria.

The USA600 MRSA strain has been causing more deaths than regular MRSA strains. This strain does not respond well to antibiotics. The thirty-day mortality rate for this strain is fifty percent. The thirty-day mortality rate for regular MRSA is eleven percent.

Researchers suspect that this strain is unique, but they do not know if other factors come into play such as the patients' age or other underlying health conditions. More research needs to be done in this area. But it is noted that the patients that developed this strain of MRSA were older - the average being sixty-four.

The USA600 MRSA strain is more virulent and becomes severe very quickly. Patients who contracted this type of MRSA were dead within a month. Vancomycin does not seem to be as effective against this

type of MRSA. This is bad news, because Vancomycin is known as the "last line of defense" against MRSA infections.

There needs to be new measures put in place to manage this type of infection. More research needs to be performed to determine how this bacteria has mutated and how best to fight it. If this MRSA strain starts spreading then it could spell disaster for millions of people.

## **The Truth About Antibiotic Misuse**

Your doctor prescribes antibiotics when you have an infection. These antibiotics can work in two different ways. The first way is they may kill the bacteria present in your system. Another way an antibiotic works is by inhibiting the growth and spread of the infection. Millions of dollars are spent on antibiotics each year.

Penicillin was the first antibiotic widely used to treat infections. Now there are over one hundred different types of antibiotics available. Modern medicine now has the ability to determine exactly what type of bacteria is causing your illness and what the best antibiotic available is to get rid of it. Millions of lives have been saved thanks to these medicines.

However, this advancement in modern medicine does not come without a price. Over the past few years there have been certain bacteria that have become resistant to the antibiotics that once killed them. These bacteria have become so strong that only a couple of types of antibiotics can eliminate them. One example is methicillin resistant staphylococcus aureus or MRSA. Why has this happened?

Antibiotic misuse has caused antibiotic resistant bacteria to form. There are times when it is not appropriate to take an antibiotic. For example, you do not need an antibiotic for the common cold, the flu, bronchitis and even some ear infections. Viruses cause these illnesses and an antibiotic is not effective against a virus. The practice of "taking a pill every time you feel ill" has led to the development of some dangerous antibiotic resistant bacteria.

There are things you can do to prevent antibiotic resistant infections. If you are sick, visit your doctor and ask him if an antibiotic is the best course of treatment or if there are other things you can do to feel better. Do not take an antibiotic for the common cold or flu. Never take medication that is prescribed to someone else. If you do have to take an antibiotic, take them **exactly** as prescribed. **Do not stop taking them** just because you feel better. If your doctor doesn't think you need an antibiotic, **don't pressure him into prescribing one** for you.

Antibiotics can be beneficial and even life saving in the right situation. However, they must be used wisely.

## **How MRSA Survives An Immune Response**

Note: I rephrased this information from Part 2 to be sure you understand it.

Once these bacteria are in your body it will use a few sneaky tactics to avoid getting wiped out by your body's natural defenses. There are three basic ways MRSA can survive in your system.

The first way that MRSA survives and thrives in your body is by hiding. All bacteria, toxins and viruses contain proteins on the surface that are called "antigens." Since these antigens are not proteins that are normally found in your body your immune system will create antibodies to fight them off. MRSA is tricky because it has the ability to hide its antigens. Therefore, it can spread throughout your body before your body even notices that they're there.

The second way MRSA can survive in your system is by defending itself. When your body recognizes there is an infection it will release specific cells called phagocytes. These cells are responsible for engulfing and "eating" invaders. MRSA can actually release a toxin that kills off phagocytes so it can spread for a while in your system without being stopped by your immune system.

The third way MRSA survives in your body is simply by spreading rapidly and releasing toxins at a rate that outpaces your immune system. The symptoms you may have and the severity of these symptoms will depend on the location of the MRSA and the type of toxins it releases.

In most cases, your immune system is all you need to fight off infections. But you need to keep in mind that MRSA is tricky. It can hide **and** defend itself. If you think you may have MRSA it is important that you get to a hospital as soon as possible so they can administer a bacteria culture.

## The Truth About Vancomycin and Zyvox

If you have been diagnosed with a MRSA infection your doctor may need to prescribe an antibiotic to eliminate it. Vancomycin and Zyvox are two antibiotics proven to be effective against MRSA. However, these drugs are only used if every other option has been exhausted. Called the "drugs of last resort," they both carry a handful of **life-threatening** side effects.

Vancomycin is a powerful antibiotic that is used to treat infections of the intestines and to treat MRSA. If the Vancomycin is being used to treat intestinal infections it will be given in an oral form. However, when you are treating MRSA, this medication must be administered through the vein. This usually requires hospitalization at first. However, a home health nurse can administer the remaining doses.

Vancomycin is not without side effects. Some can be serious. The most serious side effects of this drug are listed below:

- Temporary or permanent hearing loss. Ringing in the ears.
- Decreased urination or not urinating at all.

- Fever, chills, body aches and flu like symptoms.
- Fainting or feeling light-headed.
- Skin rashes, redness or bruising.
- Severe tingling, numbness, pain or muscle weakness.
- Severe stomach pain, watery or bloody diarrhea.
- Swelling of face, lips, tongue or throat.
- Difficulty breathing.

If you experience any of these side effects it is critical that you seek immediate medical attention.

Zyvox is another antibiotic that is being used to treat MRSA. The problem with this medication is it interacts with a lot of other drugs. Some of these drug interactions can be deadly. It can also interact with certain foods. Anything that contains **tyramine** should be avoided because it can raise blood pressure to a dangerous level. The most serious side effects of Zyvox are listed below:

- Shortness of breath.
- Swelling of the face, lips or tongue.
- Pale skin, easy bruising or unexplained bleeding.
- Flu like symptoms such as fevers or chills.
- Bloody or watery diarrhea.
- Blurred vision or difficulty seeing colors.
- Burning pain, numbness or tingling in your hands or feet.

- Seizures
- Lactic acidosis. The symptoms are muscle pain, weakness, a cold feeling in your arms and legs, trouble breathing, stomach and vomiting, slow or uneven heart rate, dizziness or a tired feeling.

These symptoms all require immediate medical intervention. If left untreated it could be fatal.

Vancomycin is much cheaper than Zyvox. However, when you are on vancomycin you will need to have blood tests done every few days to test the level of medication in your system. This may actually make vancomycin more costly to use for MRSA infections.

Zyvox is extremely expensive compared to Vancomycin. However, studies have found that patients on Zyvox have less hospital re-admissions. So this may offset some of the cost of the drug. Of course, how much you pay for either drug is dependent upon your level of insurance coverage and the pharmacy that supplies the drug.



## **Closing Remarks**

Now you are armed with the same information it took me over 3 years to find and fully understand ... the same information that has allowed me and so many others to get our lives back.

I hope that I have fulfilled my promise to "take you by the hand and ensure you have a smoother journey to recovery than I did." I also pray that the information was straight forward and easy to understand.

If you need to contact me, please shoot me an email with any questions you still have and I promise I will respond as soon as I can. Please understand that I am a normal person with a regular day job ... but I do check my email and respond to clients daily.

Also, if you just want to tell me how this information has helped you or how I can make it better ... please let me know. I really want to know how to improve this information. Here is my email address:

**[christine@mrsatreatment.net](mailto:christine@mrsatreatment.net)**

Thank you very much for reading and good luck!