

## The Many Uses of Grapefruit Seed Extract

An overgrowth of candida is the cause and/or effect of many illnesses and dis-eases including thrush, athlete's foot, skin problems (eczema, acne, itchiness, psoriasis), diabetes, chronic fatigue, irritability, inability to concentrate, digestion upset, alcoholism, parasites, headaches, overuse of antibiotics, yeast infections, poor dietary habits, stress, mood swings, obsessive compulsive disorder, sugar cravings (including pasta and breads), anxiety, suppressed immune system and much more.

Chronic Candidiasis, both intestinal and systemic, is being treated with excellent results using Grapefruit Seed Extract, according to botanical extract. Unlike many typical treatments, extract of citrus causes no side effects in patients. According to Dr. William Kellas of the Comprehensive Health Center in Encinitas, California, dosage for patients is recommended at 5-10 drops after each meal.

Dr. Kellas calls GSE "the taste you love to hate," due to its bitter taste in water. Dr. Leo Galland of New York City also prescribes GSE for the treatment of Candidiasis. Dr. Galland advises patients to avoid its bitter taste by mixing the GSE with carrot, vegetable, orange or grapefruit juice.

He typically prescribes 5 to 10 drops diluted in at least four ounces of liquid and stirred well, taken twice daily. And it appears that patients are unlikely to develop resistance to the GSE, as they may with other antifungal drugs.

Says Dr. Galland, "I have had some immuno suppressed patients taking the preparation for over a year with no apparent development of side effects or drug resistance." In patients not responding immediately, Dr. Galland has mixed other preparations and reports, "It (GSE) appears to work in an additive but synergistic fashion with all other antifungals which I have combined.

Other doctors handling stubborn cases have had success by increasing the dosage of GSE to as many as 10-12 drops, 3 times a day. As usual, no side effects were reported. Dr. Galland considers the availability of GSE to be "...a major therapeutic breakthrough for patients with chronic parasitic and yeast infections..." Dr. Galland reports treatment success of over 99%, or only two failures out of 297 test cases. This is a much higher success rate than that achieved through common antifungal pharmaceutical preparations.

## USE OF GSE IN PEDIATRIC MEDICINE

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The Townsend Letter To the Editor: I am writing to you because I know that your readers are always interested in new and better ways to treat patient's problems. Like most other pediatricians and family physicians, I have seen many children with candida diaper rashes and oral monilliasis. Treating rashes and thrush with nystatin preparations is not always successful and many parents strongly object when they read the label and see what I've asked them to put into their baby's mouth three times each day for a week or two or more.

I began using grapefruit seed extract about five years ago after a mother in my practice told me about her success in using an extremely dilute(a few drops to three or four ounces of water) solution to treat a yeast infection in her baby. The results were wonderful and the families in my practice were very happy to listen to a much more natural suggestion for curing this very common problem.

The parents are very pleased to be using a product which is not only more naturally derived but is also free of the additives found in nystatin products; they are tired of all the artificial colors and sweeteners.

My first experience was with a thirteen-month-old baby who had transferred to my practice after multiple courses of antibiotics to treat an ear infection. The otitis media was finally in remission, but the bright red candidiasis in the diaper area was causing as much distress to the infant and her parents as had the ear infections. I recommended that they add five drops of Grapefruit extract to four ounces of water and leave it on the changing table to wash the baby's bottom as part of each diaper change. A miraculous overnight cure did not occur, but within a few days the rash was receding and infection was gone within another week.

A second similar adventure with a two-year-old boy convinced me that I was onto something. I have used the same dilute solution to treat refractory diaper rashes and oral yeast infections in many children and I'll continue to look for new uses for what I regard as an innocuous, natural antimicrobial.

I have found this weak citrus solution to be completely safe for even the very youngest babies in my practice. (I once tried putting an undiluted drop on my own tongue and learned a valuable lesson which I pass on to all the parents about taking great care in diluting the extract.)...I now recommend it (grapefruit extract) at least three or four times each day for fungal and minor bacterial infections.

Sincerely,

Jay N. Gordon, M.D.  
Fellow of the American Academy of Pediatrics

## **PREVENT MOLD GROWTH IN HUMIDIFIERS**

Algae and molds growing in humidifiers can contribute to upper respiratory irritation and illness. Chlorine bleach will kill most organisms, but is irritating and potentially toxic when inhaled.

Grapefruit seed extract is an all natural, highly effective alternative to toxic chemicals. Use 20 to 30 drops of GSE per gallon of hot water. Let sit for 15-30 minutes, then rinse.

If the filter of the humidifier is contaminated, the GSE solution may be run through it, as well. And 5-10 drops of GSE added to the reservoir will prevent algae and mold growth. In fact, GSE is a safe, nontoxic addition to any body of standing water and will keep the water algae-free.

## **PREVENT FOOD-BORNE ILLNESS WITH GSE**

As more of our foods are imported from underdeveloped regions, it is increasingly likely that food poisoning can result from eating a healthful salad, enjoying fresh strawberries, or indulging in a succulent mango. Even foods grown domestically may harbor dangerous bacteria.

We all know that washing produce prior to consumption is important, but simply rinsing with water may not be enough. And soap and water washing isn't feasible for many foods, especially greens, sprouts and softer fruits and vegetables.

Soaking produce in a solution of GSE and water can go a long way toward preventing food-borne illness. Add 20 to 30 drops of GSE to a quart-size mister bottle filled with water. Or add 20-30 drops of GSE to the water in your sink. Soak your produce in the solution, then drain, rinse and spin dry.

In fact, using the GSE solutions may even extend the refrigerator life of many produce items. Eating healthy and staying healthy is a little bit safer with GSE.

## **GSE A SAFER, MORE EFFECTIVE WATER TREATMENT THAN IODINE**

GSE is ideal as a safe and simple way to disinfect drinking water when camping and backpacking, or in an emergency situation where safe drinking water is not obtainable and boiling is not possible.

To treat water, it should be filtered first. At the very least let suspended particles settle. Retain the clear water and add 10 or more drops of GSE for each gallon of water. Shake well or stir vigorously and let sit for a few minutes. A slightly bitter taste may be noticed which is just the natural flavor of the GSE.

Safe, simple and easy to carry with you, GSE not only treats water, but is actually a first aid with many uses.

## **GSE PREVENTS AND TREATS TRAVELER'S DIARRHEA**

Doctors recommend using as little as 3 to 5 drops in a glass of water each day as a preventative for Traveler's Sickness.

## **TOOTHPASTE**

GSE, Aloe and Zinc in Toothpaste May Protect Against Viral and Bacterial Infections of the Oral Cavity, according to a report from New York City's Pace University, 1998.

**The directions below were found on the bottle of  
Citricidal's NutriBiotic brand of GSE.**

**CAUTION:** *Do not use full strength. Do not put in eyes. Avoid all contact with sensitive areas. If full strength contact or irritation occurs, flush with water for at least 10 minutes. Irritation is temporary and may last up to 48 hours.*

**INTERNAL USES**

**Orally:** Adults, mix 5-15 drops in a glass of water or juice (5 ounces or more), 1-3 times daily, with or without meals. Children (5 years and older), mix 1-3 drops in a glass of water or juice, 1-2 times daily. Or use as directed by your healthcare professional. *Do not use full strength in mouth.*

**Throat Gargle** Stir 3 drops of NutriBiotic GSE into a small glass of water (3 oz. or more). Gargle several times. Swallow or spit out. Use as often as needed. *Always dilute.*

**Ear Rinse** Thoroughly mix 3-5 drops with 1 oz. of glycerine or alcohol. Apply 1-2 drops of this solution in affected ear 1-2 times daily. Use as often as needed. *Do not use full strength in ears.*

**Nasal Rinse** (Adults only) Mix 1 drop of GSE with 2 oz. water. Use one full eyedropper of the mixed solution per nostril. Tilt your head backward and release the solution from the dropper into your nose. Swing head forward and down (head is now upside down) to force solution up into the nasal passages. Return head to the normal upright position and allow nasal passages to drain. Do not inhale through the nose during this process. *Always dilute.*

**Vaginal Douche** Mix 5-10 drops of GSE in 6-8 ozs. water. Douche once daily for one week. Douche more often, if desired. *Always dilute.* **To treat vaginal yeast infections** Use 5 drops of GSE in 8 ounces of distilled water. Douche every 12 hours for 3 consecutive days, or longer, as needed. In stubborn cases, have male partner apply the same dilute solution of GSE topically for twice a day for three days.

## EXTERNAL USES

**Facial Cleanser** Thoroughly moisten (splash) face with warm or cool water. With hands still wet, apply 2-3 drops of GSE to fingertips and gently massage facial area with circular motions. Rinse thoroughly with cool water and pat dry. A tingling sensation may follow. This is an indication of the deep cleaning process of GSE. *Always dilute.*

**Skin Rinse** (For minor skin irritations) Dilute GSE with water (5-10 drops per tablespoon). Apply this solution directly to affected area twice daily. Do not use full strength on skin.

**Nail Treatment** Dilute GSE with water or alcohol (5-10 drops per tablespoon). Apply this solution directly on surface of nail along the cuticle and underneath the front of the nail, or soak nails, twice daily for as long as desired. *Do not use full strength on nails.*

**Scalp Treatment** Add 5-10 drops of GSE when shampooing (mix in hand or on head with shampoo). Massage into scalp and leave on for at least 2 minutes. Rinse thoroughly with water.

## HOUSEHOLD USES

Grapefruit Seed Extract is a more powerful disinfectant than Iodine, Chlorine Bleach, Colloidal Silver and Tea Tree Oil against *Candida albicans*, *Staphylococcus aureus*, *Salmonella typhi*, *Streptococcus faecium* and *E. coli*.

**Toothbrush Cleaner** Stir 5-10 drops of GSE into a glass of water. Submerge toothbrush for 15 minutes (or leave in water in between uses). Rinse toothbrush before using. Change water and remix every few days.

**Veggie, Fruit, Meat Washing In the sink** Add 30 or more drops of GSE to a sink full of cold water. Briefly soak any veggies, fruit, meat or poultry. Rinse, if desired.

**Spray washing Foods** Add 20 or more drops of GSE to a 32 oz. pump sprayer bottle filled with water. Spray on veggies, fruit, meat or poultry. Rinse if desired.

**Dish and Utensil Cleaning Additive** Add 15-30 drops of GSE to sink dish washing water or to final rinse. Add 15-30 drops to automatic dishwasher with detergent or to final rinse.

**Cutting Board Cleaner** Add 10-20 drops of GSE to cutting board and work into entire board with a wet sponge or dish cloth. Leave on for at least 30 minutes. Rinse with water.

**All Purpose Cleaner** Add 30-60 drops of GSE to a 32 oz. spray pump bottle filled with water or cleanser. Use on all surfaces around the house.