

Grapefruit Seed Extract

A Natural Antimicrobial?

Fourteen years ago an earnest gardener noticed that when he threw grapefruit seeds on his compost they didn't rot. Fortunately, being both a doctor and an Einstein Laureate physicist who specialised in finding natural remedies, he investigated. The result was a remarkable discovery. The extract he made from the grapefruit seeds may turn out to be the most potent and benign antimicrobial so far discovered.

A few drops of Dr Harich's grapefruit seed extract in a glass of water could put a stop to the 'flu or a sore throat. It could also help control candida or gingivitis, and it's been known to banish athlete's foot in a single application. It is highly effective against diarrhoea and food poisoning; it could rid you of worms or parasites; it can even stop you going down with cholera or dysentery when travelling abroad. It is very much more potent than tea tree oil. But the best news is: it is natural, inexpensive, and non-toxic.

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What was so surprising about Dr Harich's new discovery was how broad its uses turned out to be. Conventional antibiotics only kill bacteria. The grapefruit seed extract has been shown to inactivate viruses, yeasts, fungi, parasites and worms, as well as bacteria.

"What's in there that makes it work really isn't known," Dr Leo Galland, who has been prescribing the extract to his New York patients

for over seven years, told Natural Health magazine, "There's just something unique about this particular substance.

"Whatever it does, it does it without debilitating side effects.

"It has the advantage of being very safe," says Galland.

An ideal anti-microbial should be

- **Broad spectrum**
- **Powerful and effective**
- **Non toxic, non weakening to the immune system**
- **Have little or no impact on the beneficial bacteria**
- **Inexpensive**
- **Well researched**
- **Naturally derived**
- **Hypo-allergenic**

Dr Louis Parish MD, an investigator for the US. Department of Health and the FDA, who has treated many people with intestinal problems including dysentery, believes that grapefruit seed extract "gives more symptomatic relief than any other treatment."

Researcher Astonished

Leading American chiropractor Allan Sachs DC took part in clinical research on the new extract when it first became available. He and his colleagues drew up a list of criteria and evaluated the grapefruit seed extract on each of them.

After evaluating Dr Harich's extract he reported "I was astounded to find that it

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Allan Sachs DC.

scored high marks for each category. Could we have discovered the near perfect antimicrobial? For instance, studies from a list of prestigious institutes have demonstrated grapefruit seed extract to be effective against over twenty disease-causing bacteria, more than thirty fungi, and a host of protozoa (single cell parasites). Several of the viruses studied also succumbed to the extract."

Bifidobacteria Unaffected

Fortunately grapefruit seed extract does not seem to disturb beneficial gut bacteria. One study which tested the effect of grapefruit seed extract on eczema patients (who frequently have fungal and bacterial infections), found that the extract significantly

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inhibited *Candida albicans* and *E. Coli*, but left the important Bifidobacteria unchanged, and only slightly reduced the Lactobacilli (such as *Lactobacilli acidophilus* and *salivarius*). Their patients' constipation, flatulence and abdominal discomfort all improved.

But remarkably, this botanical extract seems to tackle at least some viruses. It is too early to say how many. William Shannon, head of the Microbiology-Virology Division at Southern Research Institute found that grapefruit seed extract was effective against herpes simplex and one of the influenza viruses.

Interlab, a South American laboratory found that it inactivated the measles virus, and the US Department of Agriculture found that it was effective against four animal viruses, including foot and mouth disease and African swine fever.

Other laboratory tests have shown that grapefruit seed extract will kill many of the microbes which commonly infect us, including: streptococci, staphylococci, salmonella, pseudomonas, giardia, lysteria, legionella, helicobacter pylori and capylobacter jejuni.

Candida Success

Chronic candidiasis can be successfully treated with grapefruit seed extract according to the many clinics and medical practitioners now prescribing it. Dr Leo Galland, who prescribes it for chronic candidiasis, has reported treatment failure in only two out of 297 cases, and considers it to be "...a major therapeutic breakthrough for patients with chronic parasitic and yeast infections..."

He prescribes 5-10 drops twice daily, diluted in at least four ounces of liquid, and stirred well, and advises patients to avoid its slightly bitter taste by mixing it with juice.

Regarding resistant patients Dr Galland commented "...I have had some immunosuppressed patients taking the preparation for over a year with no apparent development of side effects or drug resistance (resistance of infective microbes to the extract)."

Researchers at the Pasteur Institute's hospital in Nairobi have been using grapefruit seed extract orally with HIV patients for over two years and report dramatic results with secondary infections, including parasitic infections and thrush.

Even on a Baby's Bottom

Grapefruit seed extract is so safe that you can use a mild solution on a baby's bottom for nappy rash. Normally it comes as a concentrate, of which you use only a few drops at a time, dissolved into a glass of water or juice. To stave off a cold you might drink 4 to 8 drops with a hot drink and repeat, if necessary, a few hours later. 2 to 3 drops would be enough for a child. In areas where diarrhoea is a problem 3 drops can be taken each morning as a preventative. *However the concentrated extract is extremely strong, must always be diluted in water or juice, and never used in the eyes.*

This extract is incredibly versatile. You can gargle with it for sore throats and gum infections. You can even douche with it. It can be applied, very diluted, to acne, warts, skin irritations and problem nails. Or you can add 30 drops to the bathwater (often helpful for children). It can also be used as a nasal rinse, dissolved in glycerine for ear infections, or added to your shampoo to control dandruff.

The only side effect that has been noticed is an occasional mild discomfort when yeasts or bacteria begin a "die off" process. Starting on just a few drops a day and raising it gradually will minimise this. Often, taking a probiotic supplement is appropriate as well. For maximum effect they should be taken several hours apart.

Natural Disinfectant Too

Beside its multiple uses within the human body, grapefruit seed extract has many more applications. Tests at the University of Georgia, confirmed by labs and clinics around the world, have shown that it is a first class disinfectant. Not only does it kill germs effectively, but unlike most disinfectants, it has virtually no toxicity, making it far safer to use. Already it is being used by hospitals in America.

At home it can safely be used to wash fruit and salad vegetables, to clean chopping boards, and to sterilise food utensils (or your toothbrush) when needed.

Don't Leave Home Without It

Dr Harich's discovery has turned out to have so many uses that the moral may turn out to be: don't leave home without it.

A doctor from Orlando was travelling in South America when his companion was struck with severe diarrhoea after eating

wayside strawberries. Having grapefruit seed extract to hand, he gave his friend two drops in water and again before bed. The next morning, Dr Lynn reported, his friend "was down to breakfast and eating. No further bowel problems."

Occasionally though, there's someone who doesn't follow the directions properly. Richard Starr, president of Bio/Chem Research, the company that makes the extract, says that in Peru where it is used to disinfect agricultural produce, a drunken worker inadvertently drank three ounces of the liquid that someone had put in a whisky bottle. Apparently the high dosage helped far more than it hurt.

"He passed all kinds of worms," Starr reports. "He said he never felt so good."

References:

Ionescu, Kiehl, Wichmann-Kunz, Williams, Baum and Levine. "Oral Citrus Seed Extract in Atopic Eczema: In vitro and In vivo studies on Intestinal Microflora" *Journal of Orthomolecular Medicine* Volume 5. No 3, 1990.

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