

The MRSA Problem

By Wolf-Dieter Kessler

Methicillin-resistant *Staphylococcus aureus* (MRSA) infection is caused by a strain of staph bacteria that's become resistant to the antibiotics commonly used to treat ordinary staph infections.

Most MRSA infections occur in people who have been in hospitals or other health care settings, such as nursing homes and dialysis centers.

MRSA is the result of decades of often unnecessary antibiotic use. For years, antibiotics have been prescribed for colds, flu and other viral infections that don't respond to these drugs. Even when antibiotics are used appropriately, they contribute to the rise of drug-resistant bacteria because they don't destroy every germ they target. Bacteria live on an evolutionary fast track, so germs that survive treatment with one antibiotic soon learn to resist others. This can allow the infections to spread and sometimes become life-threatening. MRSA is always a dramatic and health threatening condition for the patient.

Systemic MRSA always needs i.v. Vancomycin. The nasal colonisation must be treated with a local antibiotic given as an ointment (e.g. Mupirocin 3x daily), Desinfecting the pharynx and throat with Chlorhexidin gargle. Daily washing of the skin and scalp with an antiseptic soap. Daily disinfection of personal items such as towels, bedding, door handle, night stand, and clothes. Treatment of the nasopharynx with Bromelain 45mg 6x daily (e.g. Proteozym N). Anise and primrose extract 3x daily to treat the nasopharynx. Avoiding refined sugar. Oral vitamin D 5000 IU daily.

Susan O'Shea, a research student at Cork Institute of Technology in Ireland, has shown that extracts from the herb *INULA HELENIUM* (Elecampane or Horse heal) kill methicillin-resistant *Staphylococcus aureus* MRSA as well as a broad spectrum of other bacteria.

An important option is the specific field therapy (ONDAMED). Microorganisms can be eliminated as effectively with specific low frequency fields. 4 Very weak electromagnetic fields at the appropriate frequencies can be as effective, or even better, than other approaches for reducing inflammation, counteracting diseases, and enhancing longevity. The mechanism involves resonance, the process by which a field of a particular frequency or wavelength can transfer vibrational energy to an object. 5

Acknowledgements:

1. Elecampane (Horse heal) Wikipedia
2. MMW, Fortschritte der Medizin 39, 24. September 2009, Seite 41-45
3. MRSA infection by Mayo Clinic staff
4. Smith, Cyril. W, and Best, Simon : The Electromagnetic Man, Health and Hazards in the Electrical Environment, J.M. Dent & Sons Ltd., London, 1989
5. Oschman, James L Ph.D.: THE ADVANTAGES OF FREQUENCY MEDICINE , European Congress on Anti-Aging & Aesthetic Medicine, Duesseldorf. Germany, September 2008

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