



Participants Sought For Hearing Aid Study

Better Hearing Centers of Florida is conducting an important field study on a new model of open ear hearing aid. It is smaller and more comfortable than traditional hearing aids.

We are seeking people with hearing loss to participate in this study. Both current hearing aid users and non-users are needed.

Participants will have 30 days to evaluate this new hearing aid. All lab and testing services are performed at no charge.

At the end of the initial trial period, participants may return the aids or be allowed to purchase them at a highly discounted price.

For further information on becoming a participant in this field study

Call (239) 458-7900

HOLISTIC HEALTH NOTEBOOK

Can we kill the bugs without harming the person?



Before modern antibiotics became standard medical practice, plant antimicrobials were effectively used as the first choice "anti-effectives." As recently as World War I, the Russian army used garlic as its primary defense

against general infection and as a poultice for wounds incurred in battle.

The antibiotic era began in the 1930s. It was thought that this powerful medication would lead us into a utopia free of pathogens. In the late '60s, however, antibiotic-resistant strains dashed those hopes and resistance to antibiotics has progressed at such a pace that many common pathogens are no longer susceptible to the types of antibiotics available. That, truly, is a scary thought. Who would have thought that something so small could bring down something so big? And in epidemics, no less.

There is now renewed interest in natural or plant antimicrobials, and good science is making progress in helping us understand how these natural substances work and how effective they are. One major nutraceutical company is looking specifically at four plant antimicrobials: allicin (from garlic), cinnamaldehydes (from cinnamon), berberine (from goldenseal root), and oregano oil.

Allicin is the most potent antifungal of all the plants tested, demonstrated by its effect against candida albicans. It is also antibacterial against such pathogens as E. coli, salmonella, and staphylococcus aureus. A study commissioned by Pharmax, a leading nutraceutical company, proved that allicin is effective against porcine rotavirus. Again, work carried out by Pharmax showed that protozoa such as giardia intestinalis, cryptosporidium parvum, blastocystis hominis,

and trichomonas vaginalis are killed by allicin at potency levels similar or even greater, than normally used pharmaceutical substances.

While antibiotics can wreak havoc on friendly bacterial (essential to a healthy body), allicin shows no toxicity to mammalian tissue at concentrations way above those at which it is effective against organisms, and yields no ill effects toward friendly bacteria.

Cinnamaldehydes had significantly greater antibacterial and antifungal activity than any other of the volatile oils which were tested.

Although oregano oil is weaker than either allicin or cinnamaldehyde and is a relatively strong mucous membrane irritant, it can be used effectively against specific microbes such as helicobacter pylori, now implicated in more than 60 percent of stomach and duodenal ulcers and at least 20 percent of stomach cancers.

Berberine is effective against E. coli and candida at concentrations well below its cytotoxicity level.

The effectiveness of antibiotics will continue to reduce as microbial resistance to these drugs increases. Because natural antimicrobials do not harm either tissue or friendly bacteria, they can be used side-by-side. ■

— Carol does lifestyle and nutrition coaching at the office of Dr. Alan Gruning in Fort Myers. For more information or to set an appointment, call (239) 939-3303.

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