

IG Chapter 17: Groundhog ACUTE

At the first sign of any infection you must immediately put in place Groundhog Acute. Do not forget Dr Fred Klenner

“The patient should get large doses of Vitamin C in all pathological conditions while the physician ponders the diagnosis.”

Dr Frederick Robert Klenner, B.S., M.S., M.D., F.C.C.P., F.A.A.F.P. 1907 – 1984

Strike soon, strike hard because time is of the essence

1. You will feel much better very quickly!
2. The immune system will not be so activated that it cannot turn off subsequently. So many patients I see with ME started their illness with an acute infection from which they never recovered – the immune system stayed switched on.
3. The shorter and less severe the acute infection the less chance of switching on inappropriate immune reactions such as auto-immunity. Many viruses are associated with an arthritis – so called “palindromic rheumatism”. I think of this as viral allergy.
4. The shorter and less severe the acute infection the less the chance that microbe has of making itself a permanent home in your body. As you have read many diseases from Crohn’s and cancer, polymyalgia and Parkinson’s to ME and malignancy all have an infectious driver.

At the first sign of the tingling, sore throat, runny nose, malaise, headache, cystitis, skin inflammation, insect bite, or whatever.....

What to dowhy and how
The Paleo-Ketogenic diet – high fat, high fibre, very low carb. Probiotic foods like kefir and sauerkraut No dairy or grains. 2 meals a day. No snacking.	See our books “Prevent and Cure Diabetes – delicious diets not dangerous drugs” for the WHY and “The PK cookbook – getting the best of both worlds” for the HOW
You may consider a fast – this is essential for any acute gut infection. Drink rehydrating fluids ie sunshine salt 5 grams in 1 litre of water ad lib.	<i>“Starve a cold, starve a fever”</i> (No – not a typo – starve any short-lived infection)
Vitamin C to bowel tolerance. The need for vitamin C increases hugely with any infection. Interestingly the bowel tolerance changes so one needs a much higher dose to get a loose bowel motion during an infection. If you do not have a very loose bowel motion within 1 hour take another 10 grams. Keep repeating until you get diarrhoea Most need 3-4 doses to abolish symptoms	Vitamin C greatly reduces any viral, indeed any microbial, load in the gut (remember some of the infecting load of influenza virus will get stuck onto the sticky mucous which lines the lungs and is coughed up and swallowed) Vitamin C improves the acid bath of a stomach. Vitamin C protects one from the inevitable free radical damage of an active immune system

A good multivitamin Sunshine salt 1 tspn daily in water A dessert spoon of hemp oil	Sunshine salt in water because you should be fasting. 5 grams (one teaspoonful) in one litre of water provides an 0.5% solution.
Take Lugol's iodine 12% 2 drops in a small glass of water every hour until symptoms resolve. Swill round mouth, gargle, sniff and inhale the vapour	30 seconds of direct contact with iodine kills all microbes.
With respiratory symptoms put 4 drops of Lugol's iodine 12% into a salt pipe and inhale for 2minutes – do this at least 4 x a day. Apply a smear or iodine ointment inside the nostrils.	30 seconds of direct contact with iodine kills all microbes This will contact kill microbes on their way in or on their way out rendering you less infectious to others!
Apply iodine ointment 10% to any bite, skin break or swelling.	Contact kills all microbes and is absorbed through the skin to kill invaders
Herbs, spices and fungi	If you are still struggling, then go to chapter 13 for the effective herbal preparations and how to deal with complications of.....
Rest – listen to your symptoms and abide by them. Sleep is even more important with illness.	I see so many people who push on through acute illness and risk a slow resolution of their disease with all the complications that accompany such. The immune system needs the energy to fight! I find vitamin C to bowel tolerance combined with a good night's sleep has kept me cold free and flu free for 35 years
Heat. Keep warm.	Fevers kill all microbes. Some benefit from saunaing. Do not exercise!
Light – sunshine is best	Sunbathe if possible.
Use your brain – do not symptom suppress with drugs!	Symptoms help the body fight infection. Anti-inflammatories inhibit healing and repair – they allow the microbes to make themselves permanently at home in the body
if you develop other acute symptoms.....read on.....turn to the relevant chapters that follows.....which all start with Groundhog Acute!

You may consider that doing all the above amounts to over-kill. But when that 'flu epidemic arrives, as it surely will, you will be very happy to have been prepared and to have these weapons to hand so that you, your family, friends and neighbours will survive. Stock up that first aid box now!

'Be prepared', as Lord Baden-Powell wrote in 'Scouting for Boys', and let us end with more wisdom from Benjamin Franklin, (17 January 1706 - 17 April 1790):

"By failing to prepare, you are preparing to fail."