

# -HOW TO STOP THE FEAR, PAIN AND- EMBARRASSMENT OF

# -MRSA-



Have you noticed that MRSA is now epidemic and yet so many people know nothing about it?

MRSA is one of the leading causes of death in the hospital and yet, many people have never heard of it.

It's out of control in our schools, hospitals, gyms, care homes and retirement homes. Amazingly, if you use the term "MRSA" with the average person, they'll look at you with a blank stare.

When people ask me what I do for a living I say, "You know the Staph infection you can get from the hospital that can kill you? I have products for that and I can stop it dead in its tracks!"

Most people don't have the time or desire to discover the deep dark secrets of MRSA. I hope you do because when you understand what I'm about to tell you, you'll no longer need to fear it.

Let's strip away the mystery and find out what makes MRSA tick.

Who knows... we may even have some fun while doing it.

When we're finished, you will know more about MRSA and how to stop it than most infectious disease specialists!

Before we start, I want to give credit where credit is due. You may be mad at your doctor for not getting rid of your problem, but, let's cut him a little slack because he has a really hard job and only so many tools to work with.

## THE STARTING PLACE, MRSA BASICS...

Anybody that has been touched by MRSA knows "MRSA" stands for Methicillin-Resistant Staphylococcus Aureus. But did you know that pharmacists don't manufacture Methicillin anymore?

So, MRSA is totally misnamed!

It's not MRSA because they don't use or test Methicillin anymore.

So, just to be clear what we're talking about is a Staph infection that won't go away with antibiotics.

Since MRSA is misnamed, I want to rename it.

Now, I'm not a big Star Trek fan, but chances are you've seen a Star Trek movie or two in your lifetime. One of the really scary bad guys is called... "The Borg"

These bad guys are a half robot, half alien race that flies around in this big square spaceship, and before they invade, they come on the communications system and say, "We are the Borg. Prepare to be assimilated. Resistance is futile."

From now on I would like to call MRSA "The Borg." This name fits so much better. MRSA assimilates people—it brings people into its world and takes over. MRSA acts like a robot because it is completely predictable.

The problem is the common person and 95% of

doctors have no idea of even the basics of how this misnamed alien-like robot monster works!

Understanding MRSA means you will be able to spot it when it shows up, so pay attention to these next details.

“Staphylococcus” is the common Staph infection. Now, there are about 40 sub-groups (for example Staphylococcus Epidermis, Staphylococcus Aureus, Staphylococcus Lugdunensis, etc.).

The common Staph infection is just that—Staph. Staph is usually treatable with antibiotics. Not all Staph is necessarily bad. For example, Staphylococcus Epidermis is on the skin. It is expected to be there. It is part of the normal skin make-up.

Staphylococcus fits into a group of bacteria called “L.A.B.” This stands for Lactic Acid Bacteria. Lactic Acid Bacteria are very common. In fact, yogurt is a Lactic Acid Bacteria. We have it in our stomachs and intestines.

Lactic Acid Bacteria are very simple to understand because they do the same thing over and over. They assimilate (eat) glucose, or sugar and it really doesn't matter what kind of sugar.

They gobble up sugar all day long and when they are done the byproduct is Lactic Acid. Very simple.

One day I hope to make a Staphylococcus yogurt!  
Weird Huh?

I'll bet you it would work if you took the bacteria (Staphylococcus), then put it in milk and kept it at the right temperature. It would make yogurt. It would be very toxic, but it would be yogurt.

So, Staphylococcus bacteria is a type of Lactic Acid Bacteria. Something else interesting is that another byproduct is Uric Acid. I've read articles from as early as the 1930s and way back then they knew Staphylococcus eats sugar and produces Lactic and Uric acids.

Just like the Borg—like a robot... it eats sugar, produces Lactic Acid, and makes other little robots.

Up until now we have been talking about “Staphylo-

coccus” not “Staphylococcus Aureus.”

Staphylococcus Aureus is the meaner older brother and not as treatable with antibiotics. It has a very improved ability to protect itself against the immune system and resist antibiotics.

It has secret weapons: two enzymes that make it unique. If we're going to unlock the mysteries of MRSA we must understand these two secret weapons. Are you ready? One enzyme is called Coagulase and the other is Catalase.

Coagulase is easy to remember because it is the same as coagulation of the blood (this is one way doctors know how to identify Staphylococcus Aureus. It coagulates the blood around it).

Catalase is the real secret weapon. Catalase is what makes MRSA so dangerous. We'll get to that in a moment, just remember that Catalase is the key.

## **MRSA IN THE REAL WORLD**

Let's set up a scenario so we can understand this. Let's say Sally is going in for minor surgery.

She goes to the hospital—she is completely healthy—when she is ready for the surgery the doctor knocks her out and cuts her open to begin the procedure.

Sadly, Staphylococcus Aureus finds its way inside of her body.

This is a real problem! The bacteria was just able to bypass all of Sally's body's defense systems (the skin, the nose, etc.) and given front row seats to a huge buffet of sugar!

Staphylococcus Aureus starts doing what it does best (actually it's the only thing it does), stripping the sugar from Sally's blood, producing Lactic and Uric acids, and making more little bacteria.

Instantly, Sally's immune system knows what happened and even while she is unconscious and the doctor is working inside her body... it is time for war!

When you picture in your mind what happens next you will realize our immune system is one of the incredible wonders of life.

When our immune system snaps into action it's at a faster pace and has more drama than any movie you have ever seen.

Immediately, her killer T cells go to work. I picture our killer T cells as little military hummers. You know the kind, they are all in camouflage and driving around out looking for a fight.

The guys inside have tough names like Buzz and Kip and Toby. When they see an invader like *Staphylococcus Aureus* —its on! They were born to fight and now it's time.

These military hummer killer T cells have two guns on top to kill germs, bacteria, and virus. One is Hydrogen Peroxide. They actually produce—on demand—Hydrogen Peroxide. Amazing!  
The other is Nitric Oxide. These are the two defense systems.

Now, as humans, we're "aerobic," meaning we live in a high oxygen environment.  
If you disagree, hold your breath!

Our immune system actually kills invaders with oxygen using Hydrogen Peroxide and Nitric Oxide. As humans we live on oxygen and our immune system defends us with oxygen.

What a scene! We have a robot-like invader gobbling up sugar while the killer T cell hummers are rushing in with guns blazing and firing big globs of Hydrogen Peroxide and Nitric Oxide. Parts of the bacteria are dying off and floating away in the blood and the killer T cells are also dying as well.

Why is *Staphylococcus Aureus* able to defend itself in such a hostile environment?

For example, if a different Lactic Acid Bacteria found its way into the blood, the Killer T cells would kill it in no time at all. So what makes *Staphylococcus Aureus* so tough?

It's the enzyme Catalase. I recently read this quote from an online encyclopedia: "Catalase is a common enzyme found in nearly all living organisms that are exposed to oxygen, where it functions to catalyze the decomposition of Hydrogen Peroxide to water and oxygen. Catalase has one of the highest turnover

numbers of all enzymes; one molecule of catalase can convert 40 million molecules of Hydrogen Peroxide to water and oxygen each second."

Did you catch that? Catalase can convert 40 million molecules of Hydrogen Peroxide to water and oxygen each second. Wow!

## **OUR KILLER T CELLS ARE AT A HUGE DISADVANTAGE IN THIS FIGHT**

Of course, our body has another defense system, which is to turn up the temperature.

In our illustration, Sally may be unconscious, but her sub-conscious mind knows it's time to turn up the temperature. While Sally is recovering but still unconscious from the surgery, the nurse comes back and finds she has a fever of 102 degrees. When the doctor finds out about the fever he knows he has a problem!

If he is a good doctor he jumps into action. He doesn't have a way of knowing exactly what's going on inside of Sally, so he has to make an educated guess.

Hopefully, he starts her on a stronger antibiotic at a maximum dose.

If she were awake, she would feel like she had the flu. Immediately her energy would be gone because her whole body would be at war!

The doctor would keep giving her stronger antibiotics and if it gets serious enough they will cool her body to get the fever back down. In extreme cases, they may need to put her in a hospital-induced coma to try and get her fever in check and allow her body to heal.

The second danger is sepsis. This is also known as septic shock.

If history has taught us anything it's that war is expensive and war is dirty. This infection is no exception. *Staphylococcus* is toxic to the body so as it grows and multiplies, it is dying off at the same time.

It travels into the blood stream as toxic garbage while at the same time our fallen heroes (the white blood cells that have now spent their usefulness) go into the

bloodstream. Sepsis is a loosely defined term that basically means your blood has become toxic, inflamed, and full of garbage.

Septic shock is just that... it's the point where your blood is toxic and your body goes into shock. Your liver and your kidneys cannot keep up with the job of cleaning that is required, so they become overwhelmed. There's not much a doctor can do, he can give fluids and hope for the best.

Let's end this story on a good note and say that the particular antibiotic that the doctor chose works and the immune system in combination with the antibiotic gets the upper hand on the bacteria and the bacteria is killed off. Yeah, the good guys win!

Eventually her fever will come back down and her liver and kidneys will be able to clean up the garbage and then she'll return to normal. It's a happy ending to a very scary story.

Every MRSA infection is different. What do I mean?

Most people never go through a dangerous fever and most people never go through sepsis. How can that be?

## **THE GREAT MRSA MISTAKE**

Let's start another scenario. This time let's take an average, everyday guy who then acquires a strange looking rash. It bothers him enough that he finally goes to the doctor to have it checked out.

The doctor tells him it doesn't look good, then takes a culture of it and sends the man home with some oral antibiotics. A few days later the doctor calls him to let him know that the test results came back positive for *Staphylococcus Aureus*.

This man--and most doctors--are thinking his MRSA is just on the skin. Here is the mistake:  
I give it 90% odds that the same battle happened inside him just like Sally, but his immune system very quickly gave up, ran up the white flag, threw in the towel, and hardly even put up a fight.

When it comes to a boil, a rash, open sore, or folliculitis, the dangerous part is thinking that what you can see on the skin is the problem when in fact it's just the

tip of the iceberg.

People and doctors mistakenly think that it can be solved by making the rash go away either with topical antibiotics or a combination of topical antibiotics and oral antibiotics. Not true... not true at all!

Just last night I was talking to a friend and client named Dianne. She said, "I have learned when a flare up is coming because I impulsively buy candy at the store. Then my energy is totally gone to the point that I literally can't get out of bed. All I ever get is one small bump and I'm down for four days! I can't imagine these poor people that have sores all over them."

Dianne is a good example, because she only has one small bump on the outside but the real battle is going on where we can't see it.

Most doctors feel that the oral antibiotics are simply a precaution, just in case the bacteria gets inside. *Staphylococcus Aureus* is a blood-borne bacteria and with something like a rash, folliculitis, a boil or any other common skin problem, the chance of it being inside in the blood is very high. (Sorry to have to break this news to you.)

The question must be asked, "Why would one person's immune system put up such a hard fight that it would create sepsis and a fever and another person hardly knew that they were sick? Maybe they had a mild flu or even just a slight fever before their immune system gave up and submitted to the assimilation by MRSA (The Borg).

## **WHY SOME PEOPLE GET MRSA, WHY SOME PEOPLE DON'T**

If I told you that I never ever drink coffee, I've never even had a soda, I very rarely have tea, I ate only 100% organic food, the only sugar I eat is in the form of fruit or honey or molasses and my stress level is much lower than everybody else's, wouldn't you think I'm a pretty healthy guy?  
Wouldn't you think I go out of my way to stay healthy?

The truth is, I don't eat that way and most other people don't either, but about 200 years ago everybody ate the way I just described! There was no soda,

coffee wasn't available to the general public and there was nothing known as non-organic because there were no fertilizers or ways to puff up chickens and cows nice and fat so they look healthy but inside are nutritionally starved.

200 years ago sugar had not made the devastating impact on society that it has now.

You must admit we live in a different world today!

I recently read that the average American female consumes 44 pounds of sugar per year!

Coffee, tea, wine, alcohol, and soda are everyday necessities for most people. The foods we eat have literally had acid added to them which is called "hydrogenation." This keeps them from going bad so fast. Also, the foods we eat came from nutritionally stripped soil and had been pumped up by chemical fertilizers to make them look beautiful even though they are nutritionally empty.

How about stress? Do I really need to go on about stress? Are you stressed? It seems like everybody in the world is moving faster and stress is compounding. I have found that most of my clients will say they had extra stress of some kind before an outbreak.

Let me explain exactly how these things create an MRSA infection.

## **THE PERFECT MRSA STORM**

We have learned we have Lactic Acid Bacteria in our intestines. All of those bacteria in our intestines gobble up sugar, then they convert that sugar into Lactic Acid, literally acidifying our intestinal tracts.

Our stomachs are acidic but as soon as the food passes from our stomach to the small intestine, the liver and gall bladder inject bile into the mixture of food that the stomach softened.

Bile is very alkaline and our intestines and the bacteria that live in them need a very specific acid/alkaline balance to thrive.

If it becomes too acidic, then the only bacteria that can thrive are the ones that live in an acidic environment and now we can't get the nutrition from our food

because the miracle called our digestive tract is out of whack.

Our brains are screaming for nutrition, so we eat more (nutrient-stripped) food because we're hungry and tired. It's easy to make bad food choices when you're hungry and tired. Yet this only proves to make the problem worse.

Beverages are easy to understand since coffee, tea, soda, alcohol and everything you can name besides milk is acidic. When any liquid is acidic it simply means that there is more hydrogen in the liquid than oxygen. That's what pH stands for: it's percentage or parts Hydrogen.

pH is a measurement of hydrogen... that's all.

There is a lot of misinformation about pH, but truly understanding pH is your key to never fearing MRSA again.

Think of how profound this thought is... to be healthy, full of life and have a strong immune system, we need to be full of oxygen. The more hydrogen that is in our bodies, the less room there is for oxygen. We live in a world that shoves acid (hydrogen) down our throats faster than any time in human history.

## **THE MORE ACID OR FULL OF HYDROGEN WE ARE, THE WEAKER OUR KILLER T CELLS WILL BE**

Remember, the guns that our killer T cells shoot the bad guys with use oxygen (Hydrogen Peroxide and Nitric Oxide) so instead of a cannon, they have squirt guns to fight with. The body turns to its alkaline minerals to buffer the acidity but we have stripped them out of our food as well.

We're on a crazy train and wonder why we get sick, then blame the doctor for not giving us a magic pill to make it all go away.

Let me ask you something and this may be a bit of a harsh reality check for you...

Question: Say you get on an elevator and another

person on the elevator is sick and coughing. Later that day you come down with a cold... who's fault is it?

Is it your fault or the person that got on the elevator with the cold?

If you take responsibility for your own life and your own health you would say it's your fault for getting sick.

Why?

Because there is only one person in the world responsible for you and your health and that's you.

You are responsible for what you think and how you deal with stress and for what you put in your mouth.

For example, look at Jack LaLanne. If you don't know who Jack LaLanne is look him up on Google and let his life encourage you. Jack has spent his life focusing on health and is now very old and yet could probably outrun you and I and out-lift and out-swim you and I. I wouldn't want to get into a fight with him because he could probably beat me up too! (smile)

Jack chose a different way of life. I would say Jack is totally MRSA-proof! He works out with weights and swims every day and most of his diet is raw or raw fruit or vegetable juice.

If Jack got on an elevator with a sick person, the germs wouldn't have a chance to get inside and make him sick because he has done so much work to build them up-he is resistant.

On the flip side, if Jack had a surgery like Sally (remember the story earlier?) Jack would likely die of fever because his immune system would not submit to the Borg (MRSA) it would die fighting while most of us would give up without a fight.

I want to use Jack to inspire you because you have the power to change and it's just a mind set. Take responsibility for MRSA and you will take responsibility for getting rid of it.

I'm going to show you how to reverse the acid problem and get back in balance in just a moment and you'll be glad to know you don't need to live your life like a major health nut.

I'm going to show you how to have your cake and eat it too. If there is a way to put in hydrogen then there is a way to take it out.

More on that later, for now let's get back to hydrogen in food.

The process of hydrogenation actually means "hydrogen-ation." Like I said earlier, hydrogen is acidity. In the last couple hundred years, scientists figured out that by adding acidity or hydrogen to foods and oils, those foods and oils won't go bad or mold and bacteria can't grow on them.

Therefore, foods can be stored for longer periods of time. This is brilliant from a storing food point of view but what are the repercussions? The repercussions are that we are literally adding hydrogen to our bodies. It's unnatural, it's unhealthy, we all know some foods are unhealthy but we hope we'll be immune from the repercussions.

## **CONSIDER MRSA INFECTION YOUR WAKE UP CALL**

Are you ready for the true cause of MRSA? I have talked to hundreds if not thousands of clients and they'll give me every reason under the sun as to how they contracted MRSA.

They got it from the gym, they got it from someone cooking dinner, they got it from a relative, they got it from the hospital, and the list goes on.

But you tell me... how can you have a husband and wife and let's say for example the husband has horrible terrible MRSA open wounds for several years while the wife--who sleeps in the same bed and showers in the same shower-- never has the slightest sign of catching MRSA?

The answer is some people are just more prone to get MRSA than others.

The reason they are more prone is the acid/alkaline hydrogen/oxygen balance in their body!

## **ANOTHER BIG MESS...**

I also have clients constantly call me and say that their doctor gave them a nasal culture for MRSA and they tested positive for Staphylococcus Aureus in the nose and throat so now they have MRSA.

Wrong!

It's very simple to find out the 20 to 25% of the population test positive for Staphylococcus Aureus in the nose and throat!

That means statistically if you have more than four people in your home one of you has already got it.

Think of a crowd of 100 people, that would mean that 20 to 25 of them should be in the hospital getting antibiotics for MRSA. Not true. They are fine and healthy because their immune system is holding it at bay. Staphylococcus Aureus in the nose is just as natural as having Staphylococcus Epidermis on the skin.

I think we have some mysteries to sort out and once we sort them out we can let go of some fear.

Okay, so here it is in simple everyday language...

## **THE TRUE CAUSE OF MRSA IS THE UNNATURAL WORLD WE LIVE IN!**

We eat foods and drink beverages and live our lives in a way that is not natural!

This bacteria has not changed, true it has mutated and become resistant to our antibiotics but that does not mean it has changed its general nature. It still eats sugar, produces Lactic Acid and makes more bacteria. The fermenting process that I mentioned earlier requires a low oxygen environment. What does that mean?

A Quick Lesson About pH That You Need to Learn

Let's say you have a glass of water that has a pH of exactly 7. This means it is completely neutral. It has two hydrogens and one oxygen. The pH scale goes from 0 to 14 with 7 in the middle.

Now you take a cap of vinegar (vinegar is very acidic) and pour it into the water. When you check the pH (remember you're only looking at the "percentage of hydrogen") it will be lower--let's say a six.

All that means is now the percentage of hydrogen is higher. It may seem a little backwards but that number reads lower. Every number lower is 10 times the previous number so a 5 pH would be 100 times more acidic than a 7 pH and a 4 pH would be 1000 times more acidic than a seven.

There's no need to get into mind bending chemistry here. I just want you to know that the more acid that is in a liquid, the more hydrogen is in there.

The opposite is true too. If you have water and add alkaline minerals, now you have more oxygen and less hydrogen. This is important because this exact same thing is going on in the human body.

We are adding hydrogen to our bodies like never before in human history and as I previously mentioned, food, stress, sugar, and beverages are the cause of MRSA!

It drives me up the wall when I find a website that talks about "frequent hand washing" as a way to prevent MRSA. This is pure ignorance. There's no way to avoid it. You will come into contact with this bacteria thousands of times.

If your blood is full of hydrogen and low in oxygen, your killer T cells' guns won't work at all. On the day Staphylococcus Aureus shows up and finds its way into your blood stream or on your skin, if the environment is very acidic then the oxygen levels will be low. Therefore, it's easy for the bacteria to ferment sugars and start to replicate sooner and faster.

At the same time your little army men are at a tremendous disadvantage because their guns just don't work. The oxygen in the Hydrogen Peroxide and Nitric Oxide get gobbled up by the surrounding blood.

The results are they can fire their guns but their shots just don't seem to hit. At the same time Staphylococcus Aureus is stronger because it's in an environment that suits its needs better, it can defend itself better, and you my friend will find yourself on the losing end

of battle.

## WITHOUT LACTIC ACID MRSA COULD NOT SURVIVE!

Why, you may ask?

Remember I said that someday I'm going to make Staphylococcus Aureus yogurt? That's what's happening to a person with a Staphylococcus Aureus or MRSA infection. They are being assimilated into a big pile of yogurt.... Sort of.

I'm glad my wife is patient with me because I have spent days making yogurt in the kitchen to better understand how MRSA works. (Does that make me weird?) I never had the intention of eating it, I just wanted to know exactly what's happening down to a microscopic level. I could see it so clearly in my mind I just had to try it and yogurt is the closest and safest way I could find to experiment.

Get this, milk starts out at about a 7.2 pH which is neutral or even slightly alkaline. Not much happens in the first hour or two of yogurt making but then the pH starts to drop. What does that mean? It means that the bacteria are now replicating as they gobble up all of the Lactose or milk sugar and the byproduct is tremendous amounts of Lactic Acid.

They are literally creating hydrogen out of sugar. I've checked several samples of yogurt every 30 minutes for 14 hours straight (I know... 14 hours of checking yogurt samples sounds fun, huh?). Just so I can see and chart out what's going on with the acidity of this yogurt.

This is the part where it really gets creepy. Let's return to Star Trek and The Borg for second. If you've never seen a Star Trek movie with The Borg in it, I suggest you rent one. They are mindless robots that simply want to assimilate their victims, and turn them into more Borg.

Once Staphylococcus Aureus has won the battle inside the human body, the immune system will give up. It will not fight anymore because it knows it can't win.

The bacteria now reigns supreme and controls everything. You have been assimilated by The Borg (MRSA) and it has a happy new world to live in gobbling up sugar, producing Lactic Acid and making more little baby bacteria.

Lactic Acid is the same acid that we make whenever we exercise. Imagine for a second going on a walk for several miles. The next day your legs might be sore. It's because you used your muscles and now they have an abundance of Lactic Acid. It's natural and normal.

But now imagine you produce the same amount of Lactic Acid BUT YOU NEVER GOT OFF OF THE COUCH, and then that evening you produce that much again, and then while you sleep you produce that much again! This cycle repeats so that eventually you have so much Lactic Acid in your body that your body's natural processes for getting rid of it are overwhelmed. This is a state called...

### “LACTIC ACIDOSIS”

In the state of Lactic Acidosis your blood oxygen levels are low.

By the way, this is a perfect environment to ferment sugars for Staphylococcus Aureus but it's terrible if you are a human being because your energy is gone, your muscles are sore, you're tired, grumpy, constipated, and craving sugar like a kid at Willy Wonka's chocolate factory. You may wonder what has happened to your life and your body.

What happened is, you were assimilated by The Borg and you didn't even know it.

If the particular strain of Staphylococcus Aureus you have is resistant to antibiotics and your immune system doesn't even try any more, what can you do?

Sadly, this is the position that most people find themselves in.

All of the things I've just described are really just symptoms of Lactic Acidosis. The soreness, the lack of energy, the depression, and the constipation would all go away if you weren't in Lactic Acidosis.

Being in a condition called Lactic Acidosis is a lot like being in quicksand. As you know, with quicksand you can struggle and struggle and yet never seem to break free.

It's incredibly difficult to break free of Lactic Acidosis. Doctors have nothing to stop the tremendous amounts of Lactic Acid build-up inside the human body.

Every minute of every day, this bacteria is gobbling up sugar and producing more. So how could you ever possibly hope to dig yourself out of the hole called Lactic Acidosis?

What about food? I've had clients that have eaten nothing but raw organic food for two years since they were diagnosed with MRSA and yet they still have MRSA. You can't get out of Lactic Acidosis with food because you have millions or trillions of tiny Lactic Acid factories pumping out Lactic Acid every minute of every day. Even the best food can't stop that.

We need to not only get out of Lactic Acidosis, but get back to a stronger position than when we started. Strong enough and so full of oxygen that the human body can literally oxidize and kill the bacteria.

## **JUST CHANGING YOUR DIET ALONE WILL NOT STOP MRSA!**

It's just not fast enough.

What about alkaline minerals? Can you consume enough alkaline minerals to turn this process around? The short answer is no.... sorry.

A mineral is just a bunch of molecules stuck together and some minerals have more hydrogens on them and some have more oxygens on them, making some acidic and some alkaline.

The good news is there are only four main alkaline minerals so they are easy to remember. They are...

Sodium  
Potassium  
Calcium  
Magnesium

Let's skip the details and just believe me when I say that if you consumed with your mouth or in your veins enough of any of these four minerals to neutralize Lactic Acidosis, it would be toxic and potentially deadly.

Many people have heard about the alkaline water machines. These alone do not work for MRSA patients. They don't actually alkalize the body. They give you energy, sure. I have one and I love it because of the energy boost. But what they offer is electrons, not alkalinity. They don't remove hydrogen.

They don't affect pH.

Here's how they work. If you were to take pure distilled water and run it through one of those machines, it will not produce alkaline or acid water. It needs the minerals to produce acid/alkaline water.

Picture in your mind you are a tiny mineral (lets say copper or iron) floating along in water. As you pass through this machine you are bombarded with trillions of electrons that stick to you. In turn, hydrogen is missing electrons and since you are now covered with free electrons they stick to you.

It's like an electron sandwich, you have mineral in the middle, electrons on the outside and hydrogens on top. Whenever you read the pH (or percentage of hydrogen) you can't find any hydrogens because they are all bound to the mineral. They are still there... you just can't read them.

Your water will read alkaline but in truth it has the same number of hydrogens/oxygens it started out with.

And don't forget. If you let the water from one of those machines sit, in a few hours the molecules let the electrons go and the water goes back to what it was before it went through the machine.

You can't get out of Lactic Acidosis with...

Food  
Minerals  
Alkaline Water Machines

## MY GREAT ACCOMPLISHMENT!

I had a friend with a open MRSA sore... and it was ugly!

It was approximately eight inches long 2 ½ inches wide and ¾ of an inch deep!

He had MRSA for over seven years and has spent over 100 days in the hospital. Needless to say, that's a really long time and in this amount of time the doctors had given him every antibiotic they possibly could in the largest doses they could.

Like so many others he was just stuck in a bad situation. He had open wounds on his legs, his energy was shot, his hair was turning gray, he lived on 5 Hour Energy drinks and soda, and he had come to accept the fact he was going to live like this for the rest of his life.

Let's be honest, his situation sucked! It's human nature to want to help others, but what could anyone possibly do for him? The doctors saved his life and he still went to the wound clinic twice a week.

Who am I? What could I possibly do?

When he showed me the open wound on his leg, he told me that it looked just like that for over two and half years! Every day he dressed it, changed the bandages and put topical antibiotics on it. It never changed, it looked like an open gash deep into the side of his leg.

He knew every alternative for MRSA--Minooka honey, colloidal silver, he had spent thousands on products called Allison and Allied (these are the garlic products that make you stink). He had drank what seemed to be gallons of colloidal silver and used it on his open wounds. Some of them seemed to help but he learned to accept his situation and just live with it.

Driving home that night and for an entire week after, I kept asking myself over and over again the same question.

The question was...

"How can the bacteria that simply eats sugar, eat a hole through your skin and your flesh?"

It's like pigs flying!

Pigs aren't made to fly. Therefore, they don't.

Staphylococcus Aureus doesn't eat flesh or skin! It eats sugar and there's no sugar in your skin and there certainly isn't enough sugar in your flesh to make the bacteria take off like that.

So what is the bacteria doing and how can it become a flesh eating bacteria???

I asked myself that again and again and again. Then finally, when I came up with the answer I felt like an idiot because the answer is so simple!

An MRSA open wound is nothing more than an acid burn!

The bacteria has produced so much acidity that the other bacteria around it can live and thrive.

It starves the surrounding flesh and skin of oxygen creating a condition called "Necrosis," causing the flesh to die.

When I found the answer I felt like I had discovered gold!

I had the answer for what I was seeking, but a new question popped up. "What would you have to do to stop it?"

This is how my logic went: If the problem is a bacteria producing too much acidity and deteriorating the skin and flesh, what if you are able to put something that was massively alkaline on the same area? Not only could the bacteria not thrive or ferment, but the immune system and our healing processes would very quickly move back in and kill the runaway bacteria and heal the area.

It took me a while, but I invented a gel for my friend to try on his leg.

It's a good thing he was my friend because it was all lumpy and didn't smell very good.

Three days later he called me and he said, "In three days I've grown a 2 ½ inch patch of new skin!"

An open MRSA wound that had been open for two and half years grew a 2 ½ inch piece of skin in just

three days by extinguishing the acidity. Holy cow, it worked!!!

It took a while to perfect the gel, but I had solved a puzzle which, as far as I know, no one else has solved.

What I just told you will someday be common knowledge but it will take years. The best infectious disease doctors with the white coats and letters behind their names couldn't do what I now can.

They are stuck in the stone age trying to fight this battle with stronger poisons that hopefully won't harm people. The truth is that Staphylococcus Aureus has proven it can adapt to changing antibiotics so even if a new miracle antibiotic was found, Staphylococcus Aureus will eventually adapt to it as well.

I feel that life is about serving other people and I knew I could stop tremendous pain and suffering. It's one of the things I'm most proud of in my life.

Would You Like to Know How to Remove Lactic Acid?

Healing a spot on the skin is wonderful but what about the rest of the body?

This is your last lesson about pH and it's important... so stay with me.

The shampoo in your shower is about a 7.5 pH or just slightly alkaline.

Soap is a little bit higher at about 8.5. This is important to understand: each number on the pH scale is 10 times greater than the last number.

If your shampoo is a 7.5 pH and your soap is 8.5, the soap is 10 times stronger in alkalinity than your shampoo.

Laundry detergent is about a 9.5. That means laundry detergent is 100 times more alkaline than your shampoo.

Next would be a floor stripper, which would be about a 10 or 10.5 pH. And you know floor stripper will pull the skin off of your fingers because it is 1000 times more alkaline than soap.

Easy Off oven cleaner is about an 11 or 11.5! Now

you're wearing a mask and gloves to protect yourself because it's 10,000 times more alkaline than soap.

The skin gel I invented for my friend is a 12.5 pH. Are you ready for this?

It's 100,000 times more alkaline than soap but can't hurt your skin in any way!

If you don't believe me, ask my wife.

My wife uses this gel on her face every day. It drives moisture and oxygen down deep into the layers of the skin making it plump and soft.

Remember I said that every hydrogen is missing an electron? The opposite is true as well, every oxygen has two free (or extra) electrons. Anything with extra electrons is an antioxidant.

When I hear of the latest wonderful gizmo to promote antioxidants (like a fancy new berry found in the rain forest with the highest antioxidant level ever), I have to laugh because this gel is thousands if not hundreds of thousands times more antioxidant than any berry or fruit.

Picture This...

On a microscopic level, think of the epic battle that must be happening when the gel is applied to an MRSA open wound.

You have The Borg (MRSA) having a crazy block party. Looking for sugar making more little Borks and stinking up the environment until the flesh around them starves and dies for lack of oxygen.

When the gel is applied to the wound, all of the acidity is ripped away and now The Borg are starving for acidity and their only defense is gone. Bam!

Our little army guys (killer T cells) have been sitting on the sidelines smoking cigarettes and cussing up a storm because they want to fight but can't..

All of a sudden they get the signal to move in with guns blazing. Their guns work better than they ever have before because they are firing oxygen weapons in a high oxygen environment.

They quickly blow The Borg to smithereens. The block party is over and it's time to heal.

## **THAT'S JUST THE SKIN, WHAT ABOUT THE REST OF THE BODY?**

I have a client named Scott from New Jersey. I enjoy talking to him because I love hearing his strong Jersey accent. This poor guy had been a chef all of his life working on cruise ships and visiting many different countries. He really enjoyed his work.

Years ago he had a lot of stress come up in his life and ended up with an MRSA infection. He contacted me and ordered the sample size of my product.

This is a good time to tell you that my product that removes Lactic Acid from the body is called "pHenomenal." You know, like, "you did a phenomenal job!" I named it pHenomenal because that's what people kept calling it.

Scott, like so many others, had been handed off from one doctor to another. In fact, at one time, Scott was having to go to the doctor's office every day—7 days a week—to receive treatments of intravenous Vancomycin.

He even got a pick line so that the antibiotics would enter the veins right near the heart.

Imagine going through this! To make matters worse, it wasn't working.

This is the amazing part, his resting heart rate was 120 beats per minute. It was racing because he had no oxygen in his blood! Why? There was too much hydrogen in his blood because he was in a severe Lactic Acidosis.

Scott ordered the sample size of pHenomenal and after two days, reported back to me that his resting heart rate was down to 90 bpm.

Your heart only beats to move oxygen through your body. So if there isn't enough oxygen, your heart has to go faster. If you are full of oxygen your heart slows

down.

pHenomenal was able to remove the Lactic Acid so fast that in just two days he was able to get out of bed and do some chores around the house. Up to that point the bacteria in his body was allowed to totally run amuck with nothing to stop it.

Can you see what I mean when I say Staphylococcus Aureus will turn you into a big pile of yogurt?

Think about things from Scott's point of view. He couldn't work, he hurt all over, he was constipated, severely depressed not just from his situation but because Lactic Acidosis will mess with mineral balance and physically cause depression.

Do you think he is thinking "I think I'll go for a walk then come back and eat a nice organic salad?" No way! He's thinking, "This really stinks! If I died tomorrow I wouldn't care, this just hurts too much. What is the point? Give me a big fat bowl of ice cream!"

MRSA can and will affect your thoughts, your diet and your entire view of life.

If you feel like Scott, please realize that your life is not over.

I wouldn't have written this whole dang book if I didn't have a way to fix your problem.

Life is good and you will come out of this better and smarter in the end but I need you to get into the fighting mood! I need you to get mad at this stupid mindless robot bacteria that has taken over... I NEED YOU TO DECLARE WAR!

You are the victim of a hostile take over and now it's time to take your life back!

You're almost done with this book and already you have a better understanding of Staphylococcus Aureus than the top doctors in the country!

## **THIS KNOWLEDGE IS A HUGE GIFT... MY GIFT TO YOU!**

Do you think if Scott stopped after two days he would be cured of MRSA? Not even close. The bacteria

would be right back in just a few days. All he did in two days of drinking pHenomenal was to tilt the scales of acidity, making him feel better.

He needs to tilt the scale and keep it tilted in the right direction until his killer T cells can not only destroy the bacteria, but be strong enough to keep it away in the future.

That's why doctors say, "if you have MRSA once you will always have it." I say if they would come out of the stone age and address the problem (Lactic Acid), anybody can be MRSA-free for life!

You need to remember the reason you got MRSA. It's because you have lived in a world of poisonous food and a sever lack of nutrition. Once I help you become MRSA-free, it's your job to make up for lost nutrition. It's a total shift in the way we see the world.

First things first, how do you get out of Lactic Acidosis?

The short answer is you remove hydrogen... a lot of hydrogen!

We've talked about a product called pHenomenal. What is it? It looks like water because in a way it is.

It's incredibly concentrated so you just take a small amount and put it into your distilled, filtered or reverse osmosis drinking water. And then... are you ready?... You drink it.

Here's how it works: imagine a water molecule ( $H_2O$ : two hydrogens and one oxygen). Now imagine three water molecules stuck together ( $H_6O_3$ : six hydrogens and three oxygen).

Now imagine one hydrogen atom taken away ( $H_5O_3$ : five hydrogens and three oxygen).

This is what pHenomenal is, a large water molecule with one hydrogen atom taken away. Just like water wants to stay  $H_2O$ , pHenomenal (or  $H_5O_3$ ) wants to come apart and become three waters or three  $H_2O$ s again.

pHenomenal is looking for hydrogen atoms to complete it and make it water again.

A person with MRSA is basically a toxic hydrogen bomb. They are full of extra hydrogen. So they drink this water with missing hydrogen and it bonds with millions (or trillions) of the free hydrogen floating around in the body. It literally gobbles up the hydrogen. Then it flushes out with urination.

No, it doesn't hurt your kidneys or bladder or urinary tract. I could hear you thinking it. I actually have quite a few clients that are wheelchair bound that never let themselves run out of pHenomenal because if they do their urinary tract infections come back.

It simply gobbles up countless trillions of hydrogens and turns back into water. At first most people need to urinate a lot because they are the most toxic with hydrogen when they first start.

Within about a week of regularly using pHenomenal, the average (notice I said average) MRSA patient is out of the Lactic Acidosis stage. Not too bad considering most doctors can't ever get a patient out of Lactic Acidosis. Yet with pHenomenal, it can happen.

Does that mean they are cured? No! They still have a long way to go. However, they will be feeling much better. Within a month they feel almost back to normal. I don't want you to make this mistake, so listen up. Just because you feel better does not mean you are out of the woods!

Take for instance, Michael. He took pHenomenal for a month and was feeling so good he didn't think he needed it anymore. After a couple of months he emailed me to let me know the MRSA was back. He was quite bitter because he expected to be "cured" after a month. Since he felt better he thought he was "cured" and his MRSA was gone forever.

You know now it's not that simple. Let me clarify.

To make yogurt you just need to get milk to the correct temperature and put in the yogurt bacteria to start it growing. If you put in a little or a lot of the bacteria, eventually it will grow until it has no more food.

When Michael stopped using pHenomenal, he still had a little bit of the infection inside of him. Remember, you have to get the entire body back to being so full of life and oxygen that your little guys in the hummers (killer T calls) will wipe out 100% of the MRSA

not 98% or 99% but 100%!

He didn't change the environment in his body enough for the bacteria to be completely gone.

The MRSA cycle started over again and he started to feel bad again and was mad at me for not curing him in a month. If he had the book you are now reading, he wouldn't have made that mistake.

He would have kept going and getting in better condition (on the inside) until he knew the MRSA was totally gone and he was in better shape than before it all started.

When I say "better shape" I don't mean he needs to have a beach body. I'm talking about the amount of oxygen in your blood, how you think and deal with stress, the nutrition in your food, how clean you are on the inside, etc.

## HOW DO YOU KNOW IF MRSA IS GONE?

The problem is that MRSA blood tests are not accurate. Doctors have to take too much blood and four out of five tests come back negative for MRSA. I talked to the head MRSA guy for Quest Labs in Virginia (Quest Labs is a huge international laboratory that aggressively buys up smaller laboratories). He told me the best time to take a blood sample to test for MRSA is when the patient is near or in sepsis.

Nice, huh? Wait until they are so loaded with Staph and crud in their blood so you can get a good blood test.

What I'm saying is, it's frustrating. If you want to know if you are 100% MRSA-free you can take a blood test, but it will probably come back negative because MRSA is hard to detect in the blood.

We have found that most of our clients can rid themselves of MRSA within 60-90 days. Not because they had a blood test to tell them but they know because of how they feel. They know because they feel fantastic and know they will never allow themselves to get back to where they were before they got MRSA the first time.

Some take more time, some take less. The trick is to

build up your energy and immune system to better than it was before the infection took hold.

## YOUR PLAN/WHAT TO DO NEXT

I have found that my clients fall into five categories or groups. First I'd like to give you the general plan of attack. Then you can find the group that best fits your situation on our website, [www.vitaminmonkey.net/pHenomenal](http://www.vitaminmonkey.net/pHenomenal) for a little fine tuning.

The five groups are...

Kids with MRSA

If you are in the hospital with MRSA

If you have had MRSA for more than a year or three outbreaks

If you have MRSA but its only on your skin. (a boil, folliculitis, a rash, open wound)

If you have had MRSA for less than one year and less than three outbreaks

Let's start with the general advice.

I want to start by telling you some really good news. If you are thinking of starting pHenomenal but are in the middle of a round of antibiotics that's just fine. Antibiotics and pHenomenal do two totally separate things. Antibiotics are designed to kill the bacteria and pHenomenal is removing the toxic poison (Lactic Acid) that allows the bacteria to protect itself and live.

For my own liability, I should tell you to "check with your doctor first before doing anything else in addition to what your doctor recommends" and I really think you should. It could be fun. You can quiz your doctor on how much he knows about MRSA since you know more details than he does. Just don't ask him if he knows how to kill The Borg, because he will think you are a nut.

If you want to try colloidal silver, Allicin/Allimed, any of the honey products, MMS or whatever else you can think of, that's fine with me. All of these products have limited success and will work hand in hand with pHenomenal. But remember, none of them remove Lactic Acid. If you don't remove the overburden of Lactic Acid and boost your oxygen, you are doomed for it to come back.

For example, colloidal silver and MMS are both a way of killing a range of germs and bacteria in the body. Let's say you took one or both of them and they actually worked (doubtful with MRSA). The reason you got MRSA in the first place has never been corrected. Eventually what's going to happen? It's going to come back and haunt you. Why not start with what works and fix the root of the problem in the first place.

In all of my years I would say less than 5% of my clients say they haven't been tired since they got MRSA.

Either they are not in Lactic Acidosis (yet) or their body has an abundance of alkaline buffers (minerals) that haven't been used up yet. If time goes on, the MRSA will win and their energy will drop. It could also mean that they don't actually have MRSA.

If you are reading this and you have MRSA but you're not sore, tired, depressed, constipated and craving sugar, take a look back at the section in this book on how you know you have MRSA. If you have an MRSA-positive blood test, I would trust that. If it's a nose and throat swab, I would give it little to no credibility.

Judge and make your decisions by how you feel.

If you have an open MRSA sore of any kind, I would assume it's in your blood and act accordingly. That is, declare war and take no chances and start as soon as possible.

Most people will think I'm a prophet for telling them how they feel. The soreness and tiredness and all of the rest are all just symptoms of Lactic Acidosis. You don't need to have all of the symptoms to be in Lactic Acidosis because every person is different.

The answer is always the same... get back in balance in as short of time as possible and stay there until you are sure it's gone.

Let's assume you have an MRSA-positive blood test, open sores and a boil. On top of that you have had MRSA for several years and think nothing will ever work.

This is what I would recommend. You need to order pHenomenal from our website as soon as possible.

If you are skeptical then we offer a sample bottle that will last about a week. That's enough time to find out if I'm telling the truth. During that first week you simply will be drinking the recommended amount of water per day. It's all in the instructions but for the average 180 pound person we recommend 64 ounces of water per day.

In that first week pay attention to how you feel. Sometimes we don't notice when we feel good. We only notice when we feel bad. As you start to feel more energy and less pain you should be thrilled that you have an answer to the giant MRSA question.

The amount we recommend to drink actually means very little, it's more like a minimum. You need large amounts of water to flush the acidity from your body but you certainly can drink more and drink it stronger. If all goes well, you will only be in this situation once in your life and you can get out of it as fast as you want.

When you are MRSA-free, you only have to maintain your balance with pHenomenal if you want to. What I'm trying to say is you don't have to drink it forever and certainly not as hard and heavy as in the beginning.

If you have MRSA open sores you should see and feel a difference in them healing really soon just like my friend did. It depends on the wound and where it is, but if you use the gel the bacteria cannot continue to live and destroy the flesh and skin. Ladies, once the wounds are gone you may want to use it to soften the skin on your face.

I have another product I haven't told you about and it's really only necessary if you have a boil, folliculitis, (folliculitis looks like a rash of small pimples) impetigo or if you are freaked out about giving MRSA to someone else in your home.

I had a client that had terrible boils and open sores for over two and a half years. His name is Matt Jacobs and you can listen to his testimonial on our website if you like. The short story is he ordered a sample and it worked incredibly well for him so he ordered a three month supply. In three weeks he was beside himself with joy because it was working so he sent me before and after photos. (incredible)

This is the kicker... about three days later he had another round of boils. Oh man! He was disappointed and so was I. I agonized and thought about it for about a week and finally learned that for a boil to form the bacteria travels down the hair follicle and sets up the immune reaction (the war of the Borg and army men) under the skin. As a side note, the gross white puss in a boil is the fallen soldiers, the killer T cells that have been used in the battle along with white cells, water, and dead and alive Staph.

That's why a boil hurts so badly, because of the pressure and acidity where it was never intended. One last thing about boils: my healing skin gel has a hard time working for a closed boil because it can't get down to where the acidity is because it's covered with skin. Once the boil is open then the gel can get inside it and do it's job.

When I realized that Matt's boils came back because the bacteria is on the skin and his skin is still acidic because he hadn't balanced inside yet, it gave me an idea. I made a gel to cover the entire body that will kill on contact 100% of all bacteria on the skin. No bacteria, no boils. The good news is it only needs to be used until you are balanced on the inside.

It's called "B-pHree" and uses pH to kill the bacteria without using anything toxic. Let's say you get your products from us on a Monday. You would start with mixing and drinking your first pHenomenal and then get the B-pHree gel and take a shower.

Without turning the water on, you cover your entire body from your feet up to your head including your hair (no, it won't hurt or change hair color) and lastly cover your face and the rest of your head. Turn on the water and rinse it all off. Congratulations, you are bacteria free! We try to make the B-pHree smell good by using orange blossom in a natural oil scent in case you are chemically sensitive.

Your plan is to do the shower thing once per week until the bottle is empty. Most people get about four uses out of a bottle of B-pHree and by the end of the first month your skin pH should be back to normal (don't forget to drink the pHenomenal). Staphylococcus can no longer grow and thrive on the skin.

I have only had two or three clients that have had another outbreak while using pHenomenal and B-pHree

together during the first month. If you just have MRSA on the inside then you really don't need the B-pHree or my healing skin gel. You just need pHenomenal.

There it is, a very logical and simple plan to rid your body of this monster permanently!

If you want to order or chat with others about what you have learned just go to:  
[www.vitaminmonkey.net/pHenomenal](http://www.vitaminmonkey.net/pHenomenal).

Feel free to call and order, but the answering service can't answer any of your questions about MRSA- they just take orders. If you have questions please take a look at our FAQ page or ask online.

We have done our best to answer every question you can think of and if you can't find it then ask.

Take care and thank you,

*Shannon Brown*

P.S You may be wondering if pHenomenal is good for anything else and the answer is YES!

It's incredible for gout, arthritis, athletes, bodybuilders, or when your just feeling down. You don't have to have MRSA to use pHenomenal, it's just one of the things it's perfect for.

When I first started on pHenomenal it was huge for me!!! Like.... incredible. I had learned to live on coffee, I've had cavities all of my life, my neck was always sore and I was just plain tired.

When I first started it was a miracle and the energy boost was awesome. On the other hand, my wife (who has never had a cavity) drank it and said, "I think I feel energy... but I'm not sure." You see, it's just the difference in people. Some of us are acidic and others aren't.

**!6c bi g`W\ UdhYf!**

I have a bonus chapter for you to read or download called "The 5 Big Things You can Do To Speed Recovery" available for you to download or read.

It's free! Get it at [www.vitaminmonkey.net/pHenomenal](http://www.vitaminmonkey.net/pHenomenal)