

EM Appendix 2: Groundhog ACUTE – what we should all do at the first sign of any infection – no matter what or where

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. I repeat myself here – it is so important:

- You will feel much better very quickly!
- 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.
- 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 for example “palindromic rheumatism”. I think of this as viral allergy.
- The shorter and less severe the acute infection the less the chance that microbe has of making itself a permanent home in your body. Many diseases from Crohn’s and cancer to polymyalgia and Parkinson’s 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',

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."

First aid box contents

John Churchill, 1st Duke of Blenheim, (26 May 1650, -16 June 1722) was a successful general, partly because he made sure his armies were fully equipped for battle. The essence of success is to be prepared with the necessary to combat all boarders! Strike early and strike hard. Of John Churchill, Captain Robert Parker (who was at the Battle of Blenheim, 13 August 1704) wrote:

"....it cannot be said that he ever slipped an opportunity of fighting..."

We must be equally belligerent in our own individual battles! And part of this belligerence is preparedness....so keep the following in your own 'Battle First Aid Box'! And use it at the first sign of attack!

For acute infections	Vitamin C as ascorbic acid at least 500grams (it is its own preservative so lasts for years) Lugol's iodine 15% - at least 50ml (it is its own preservative so lasts for years)
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Conjunctivitis, indeed any eye infection	Iodine eye drops eg Minims povidine iodine 5%. OR 2 drops of Lugol's iodine 15% in 5mls of water. This does not sting the eyes and is the best killer of all microbes in the eye
Upper airways infections	Lugol's iodine – to use in steam inhalation OR Salt pipe into which drizzle 4 drops of Lugol's iodine 15% per dose
Skin breaches	Salt – 2 teaspoonful (10 grams) in 500ml water (approx 1 pint) plus 20ml Lugol's iodine 15%. Use ad lib to wash wound. Once clean allow to dry Smother with iodine oil (coconut oil 100ml with 10ml of Lugol's iodine 15% mixed in) Plaster or micropore to protect
Fractures	If skin broken – as above. Immobilise. If limb fracture, wrap in cotton wool to protect, bandage abundantly with vet wrap to splint it Next stopcasualty
Burns	As for skin breaches If a large burn then use cling film to protect once cleaned (put the iodine ointment on the cling film first, then apply to burn. Protect as per fracture above. Very large burn.....next stop casualty
Sterile dressings	Melolin is a good allrounder Large roll of cotton wool, crepe bandages (various sizes) and micropore tape to protect any damaged area from further trauma Vet wrap bandage – wonderful stuff, especially if you are in the wilds, to hold it all together.
Gastroenteritis	Sunshine salt - to make up a perfect rehydration drink. 5grams (1 teaspoonful) in 1 litre of water gives a 0.5% solution.
Urine infections	Multistix to test urine D mannose and potassium citrate
Consider acquiring antibiotics for intelligent use	These should not be necessary if you stick to Groundhog Basic and apply Groundhog Acute BUT I too live in the real world and am no paragon of virtue. So if you slip off the band wagon:
	Amoxil 500mgs x 21 capsules for dental infection
	Cephalexin 500mgs three times daily for ENT and respiratory infections
	Doxycycline 100mgs twice daily for diverticulitis (DO NOT USE IN PREGNANCY OR CHILDREN)
	Trimethoprim 200gs twice daily for urinary infection
	If you are susceptible to a particular infection then make sure you always hold the relevant antibiotic! The sooner you treat the less the damage.....always start with Groundhog Acute

Putting together such a Battle First Aid Box is as much an intellectual exercise as a practical one and this book, along with our books, 'The Infection Game – life is an arms race' and 'Prevent and Cure Diabetes – delicious diets, not dangerous drugs' give such intellectual imperative. As Shakespeare writes in Henry V,

"All things are ready, if our mind be so." Shakespeare, 1564- 23 April 1616,