

## Staph Infections

### Diet

- No sugar
- No dairy
- Very little meat
- Eat lots of raw vegetables and fruits
- Smaller amount of whole grains
- No processed foods
- Drink plenty of water while eliminating other drinks.

### Supplements\*\*

*Herbal Blood Formula:* 4 capsules three times a day

*Multiple Digestive Enzymes:* 25 a day, 5 with each meal and 5 four times a day between meals or 3 Vitalase. This dose can be taken with the Herbal Blood Formula.

*Protease Enzymes:* 6 capsules three times a day on an empty stomach. Can be taken with Herbal Blood Formula and Enzymes.

*Probiotic Blend:* 20 capsules at night right before bedtime, at least one hour from last food.

**Nancy's Smoothie:** You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

*Nutritional Essentials:* 6 Tablespoons a day

*Barleylife or Whole Foods:* 3 Teaspoons a day

*Mega Omega:* 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon

**\*\*When infection is cleared, adjust the doses for maintenance.**