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# The 72 Hour Remedy: Salt and Vitamin C Never Tasted So Good!

9-11 minutes

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Based on the research of the Nobel Prize-winning scientist Linus Pauling and other cutting-edge theories, the 72 Hour Remedy takes two common household items--Salt and Vitamin C--and combines them into one powerfully effective way to combat the root cause of Lyme disease.

Yes, that's right; these two common items, one that most dieticians advise you to avoid in large quantities and the other, according to researchers like Pauling, that we don't take in large enough quantities, can help you win the battle against Lyme disease-quickly, efficiently, and effectively.

Did you know that Americans eat less salt today than ever before in history? Theorists are demonstrating that a whole host of new illnesses could be a result of our lowered consumption of salt. Early Americans consumed approximately 20 grams a day. Individual consumption has been drastically decreasing with each decade. Medical researchers are now wondering if the decrease in salt consumption has allowed these new illnesses, such as Lyme, Chronic Fatigue Syndrome, Fibromyalgia, Alzheimer's disease, and Gulf War Syndrome to flourish? More recently, the salt scare of the past couple of decades has been brought into question with many researchers admitting they were wrong. In addition, the U.S. Recommended Daily Allowance of Vitamin C is a mere 60 milligrams per day. Researchers like Pauling are suggesting 18,000 milligrams per day would result in profound benefits for preventive health. These are certainly dramatic differences with tremendous implications for those suffering from Lyme Disease.

Taking these two common items together results in the systematic eradication of the bacteria associated with Lyme disease. But, it's even more effective than that. Recent research is showing the possibility of other pathogens being associated with Lyme disease. These pathogens may cause many of the lingering and seemingly untreatable symptoms of the disease that plague so many Lyme disease sufferers long after treatment. Additional forms of bacteria, mites, and worms all can exacerbate the typical symptoms and presentation of the disease. The 72 Hour Remedy acts to wipe out these largely hidden causes of the disease quickly, painlessly, and with unbelievable effectiveness.

## Dosage

- 12-one gram tablets of salt. One brand of salt pill is CMC(Consolidated Midland Corporation), NDC#0223-1760-01, ordered through a pharmacy (no prescription required)
- 12-1,000 mg tablets of Vitamin C
- Water

The treatment requires that you take 1 tablet of each every hour throughout the day with ample amounts of water, a demanding schedule but the results are well worth the slight inconvenience. Taking each dosage with food is advised to help in absorption and to reduce side effects.

Avoid large doses at the outset; some individuals suffer debilitating effects from larger doses. If you can tough it out, do so. However, the effects are sometimes immediate and powerful if the infection is of long duration and the bacteria has had a chance to establish a strong foothold in your system.

We have found a better approach is to "scale up", gradually increasing the dosage and "working with" the Herxheimer reactions as they occur with the protocol. A gradual-dosage protocol, even at the initial lower quantities, can have a notable effect depending upon bacterial load, body weight, etc. In fact, a smaller person often does not have to use the entire 12 grams per day of salt and Vitamin C; 6 to 8 grams often is enough for a full effect.

In any case, indications that the body is 'flushing' toxins and attendant phenomena referred to as 'Herxheimer' reactions (see 'Common Side Effects below) should suggest that the current dosage level in a gradual-dose protocol should be maintained. Once the body becomes acclimated to that level of dosage, the next higher level can be attempted. Should the Herxheimer reaction be especially arduous, return to the lower dosage until the reaction passes, then resume a gradual increase once again.

An example of a gradual-dose protocol would begin with a dose of 1 gram each of salt and Vitamin C at 10 am and again at 2 PM. If you experience fatigue or have a mild feeling of malaise, omit a 6 PM dose. Instead, drink plenty of water through the rest of the day and evening. Maintain a schedule of just 2 doses per day until there is no reaction--this may take 1 or 2 days--then move on to 3 doses per day with the addition of a dose at 6 PM.

Continue a gradual increase until reaching the 8 -12g of both salt and Vitamin C. Though 12 grams a day is what the protocol asks for, there is usually a notable effect after reaching 8 grams per day. Higher doses have an increased effect where there is a "stubborn" area in the body. Once you've attained the prescribed dosage, you will begin noticing immediate results. "Bad" bacteria will begin dying almost immediately as the potent combination of Vitamin C and salt helps cleanse the body of toxins and "supercharges" the body's defenses.

Remember to drink large quantities of water--no less than 12-8 ounce glasses. This will not only serve to keep you hydrated as your body flushes itself, but also help to make sure the remedy is delivered throughout the body as needed.

If after 72 hours you do not feel better, repeat the remedy once every 3-5 days until you notice the benefits. Additional remedies are presented below to assist your body in its healing process.

### **Why does this protocol work?**

Our white blood cells (WBC) are important parts of our immune system. Some of them display unique "mechanisms" with which they attack and kill bad bugs in our bodies, like the *Borrelia b.* bacteria that cause Lyme disease. One class of white blood cells in particular has areas where they store an enzyme that uses an acid, along with hydrogen peroxide, to produce an oxygen particle (electron) that kills invading microbes. In other words, it creates and uses a free radical molecule to protect itself.

Another area of storage in these same white blood cells contains different types of proteins (polypeptides), one of which is called cathelicidin. A segment of this protein is a potential bacteria killer (bacteriacide) that increases the "permeability" of the bacteria's cell membrane which ultimately kills them.

One enzyme, called "elastase" a series of short protein peptides, are able to be assembled into larger ones (dubbed "LL-37") that are able to increase the "permeability" of the bacteria's cell membrane.

These two enzymes work together when they meet an offending bacterium. The elastase uses some of the cathelicidins to pull out a protein molecule from the surface membrane of bacteria. This causes an opening or "pore" to form in the membrane itself. This allows vital potassium ions needed by the microorganism to escape from within its internal walls (the *Borrelia's* "cytoplasm") and out through the "pore". This damages the bacteria internally, resulting in swelling and eventually ruptures the microorganism.

Increasing the salt in the body fluids surrounding the *Borrelia* bacteria contributes to the killing effect by allowing sodium ions to enter the bacteria through the "pore" created by the anti-microbial peptides. The increased level of sodium in the bacteria, combined with the loss of needed potassium, enhances the killing effect further.

Vitamin C is known to increase the number and activity of white blood cells. People infected with Lyme disease often have lower white blood cell counts due to the ongoing infection. So, in addition to the known anti-microbial "osmotic pressure effect" of salt, it appears the Vitamin C may increase the number and activity of the white blood cells needed, and then

the increased salt levels in the intra cellular fluid "arms" them with Borrelia-killing enzymes and peptides.

### **Common Side Effects**

*This protocol may take longer for some individuals due to the length of time the bacteria has had to create pockets of infection. However, many people with mild cases have complete remission of symptoms after even 1 or 2 days. Others have to use the protocol longer or periodically over time. As encouraging as that may be, it's important to be aware that the protocol may cause side effects in some individuals.*

Because you are actively helping your body fight the bacteria, diarrhea is common. This is a sign that your body is beginning to flush out the toxins and begin renewal. This may also be a sign that your bowel has reached its tolerance for Vitamin C.

This is one of the indications of a Herxheimer reaction and also signals that healing is starting. It is widely recognized that the Herxheimer reaction is caused by the release of toxic chemicals called endotoxins released from the cell walls of dying bacteria due to effective treatment. Dorlands Medical Dictionary adds that the condition is a short-term immunological reaction which causes fever, chills, muscle pain, headaches, and skin lesions. This, in turn, results in a response from the immune system which manifests the symptoms experienced by the individual being treated.

The generalized symptoms of a Herxheimer reaction, as listed above, are not all-inclusive. The severity of the reaction is proportional to the dosage of the drug or treatment causing the reaction and a wide variety of symptoms can result if the waste products reach any specific areas of the body. In such cases, the added symptoms are localized to the area or affected system. Nausea, diarrhea and soreness of the throat may also result.