medical professionals. You may see how to obtain a very comprehensive book about potassium nutrition and physiology in the HEALTH LINKS below.

Gram positive bacteria, which cause tooth decay, acne, tuberculosis, Streptococcus pneumoniae, Francisella tularensis, and leprosy are killed by **anacardic Chemicals** (salicylic acid with an unsaturated aliphatic side chain) in *cashew nuts, cashew apples, and cashew shell oil*. I have made raw cashew nuts the main part of my diet for 24 hours on five occasions and have eliminated an abscessed tooth all five times. There were no obvious side effects except possibly a mild transient headache [#29 Weber 2004]. Limited experience since makes me suspect that even this may be prevented with taurine supplements. Taurine will be discussed at the end under “Some Health Links”. A sixth time with cashews required several days. It is possible that just eating a couple of ounces each day for a week or so would work also and might avoid any intolerance to cashew nuts. I have tried this successfully on another occasion. It is said that the people of the Gold Coast use cashew leaves and bark for a toothache. Vietnam has the highest per capita consumption of cashews, so this would be a good place to look for epidemiological evidence. Indeed, Vietnam has had a much lower rate of caries than other grain eating areas for the last several thousand years.

I have no absolute certainty that the nuts contain anacardic acids as do the pears. However, it is very unlikely that the plant would synthesize an antibiotic and then fail to place it in the most important part. Mango fruit also contains anacardic acid. One of my correspondents believes they are a little more effective than cashews. If mangoes prove to be effective, they would have the additional advantage of being very nutritious.

In my opinion it is usually necessary to seal any holes in the teeth in order to prevent reinfection. Please keep in mind that this last is counter to the opinion of the American dental profession. You can create a temporary seal (at least several weeks or months) with a mixture of zinc oxide and oil of eugenol (a complicated benzoic alcohol). There is a zinc oxide - calcium oxide composition called Biocalex, which they claim is superior to zinc oxide since it is said to fill the tooth tubules and displace anaerobic bacteria, and thus make it also superior to gutta percha. This should buy you some time until you can afford root canal work (should you decide on this option, but which I do not recommend as a rule. Giving the option only of extraction or root canal strikes me as similar to giving only the option of amputation or installing an artificial finger for an infected finger.). Sometimes root canal combined with a crown is the best way to go. However the cost may often make it out of reach of many people in the world. A more permanent seal can be affected using high alumina fast setting Portland cement, probably as much as a dozen years or more. If the fast setting Portland cement is made up with acrylic Portland cement additive from a mason supply house instead of water and applied to a tooth abraded with sand it will stick very tenaciously, even to enamel. Butadiene cement additive would probably work also, but I have no experience with it and it is unobtainable by non contractors. The sanding is probably necessary in order to remove any slime or decomposed tooth. Probably coating the cement with epoxy resin while very dry would extend its life indefinitely and this could also have cosmetic advantages if white. Getting it very dry will be a problem, but perhaps dusting it with some of the fast setting cement would work. There may be some danger in an epoxy coating since if it comes off and is swallowed, it could conceivably damage the intestines with a sharp edge. **A university dentist is now experimenting with Portland cement**. His use of bismuth with it is to make it opaque to x-rays. **A patent has been applied for, and the inventors claim that Portland cement is superior to other methods** (scroll down). That last URL discusses various aspects of the procedure.

Another possibility for a dead tooth suspected of harboring live bacteria would be to drill a tiny hole through the cavity filling and inject a droplet of several potent bacteria poisons and then sealing the hole. There are very few laymen who could do this though, and it will be absolutely impossible to persuade a dentist. Maybe a dental research laboratory will investigate it some day. It should be able to be done for less than a year’s interest on root canal plus a crown and should, I suspect, last indefinitely usually.
The active chemicals are anacardic acids with a 15 carbon unsaturated side chain. The side chain with three unsaturated bonds was the most active against Streptococcus mutans, the tooth decay bacterium, in test tube experiments. The number of unsaturated bonds were not material against Propionibacterium acnes, the acne bacterium [3 Kubo, et al 1993 p1018]. Heating these anacardic acids converts them to the alcohols (cardinols) but does not destroy their activity against S. mutans [4 Himajima & Kubo 1991 p419]. I suspect that these chemicals are volatile, however, which is why I used the raw cashew nuts. Also it has been determined that high heat causes decarboxylation of anacardic acid [14 Patel]. Eichbaum claims that one part to 200,000 to as high as 2,000,000 parts of solution of anacardic acid is lethal to gram positive bacteria in 15 minutes [4 Eichbaum]. Somewhat higher ratios killed tubercle bacteria of tuberculosis in 30 minutes. Green, et al found 6-(4',8'-dimethylnonyl) salicylic acid was most lethal against S. Mtans ATCC 25175 [44 Green]...

Muroi and Kubo found that the killing power against S. mutans was synergistic (enhance each other's effect) with anethole from the seed of Pimpinella anisum (Umbelliferae) and linalool from green tea in vitro (in the test tube) [Muroi & Kubo, p1782]. It is said that the totarol in the bark of podocarpus trees is synergistic with anacardic acid also. It is especially potent against acne. I have not made use of these synergisms. Indole in Jasmine is said to enhance green tea against tooth decay also [2 Kubo, Muroi, & Himejima 1993]. Please keep in mind that combining medicines can sometimes be dangerous.

You may see an extensive review of anacardic acids in this site. Not all tooth infections are gram positive bacteria, so occasionally this strategy will fail. If amoxicillin has trouble getting rid of a gram negative infection, warming the jaw up with a 250 watt infrared bulb as hot as you can stand will probably enhance the affect of the antibiotic because most bacteria are inhibited or killed by high temperatures (#28 Weber). Shield the eyes in case the eyes can be harmed by high temperatures (I have a strong suspicion that their optical characteristics can be changed by over heating). A crook neck floor lamp holder is the most practical holder. I suspect that directing the infra red light directly into the mouth at the tooth would be even more effective. I have limited experience with this procedure. It is possible that a laser beam directly on the tooth would work even better if done with great care. Perhaps an infrared laser would be best.

The immune system is markedly stimulated by a rise in temperature. This may be a response arising through interleuken-1 (#19 Hanson, et al 1983). This phenomenon has been demonstrated for interleuken-1 and interleuken-2 in post operative hypothermia, that is, low body temperature (#17Beilin, et al 1998). Heat also stimulates tumor necrosis factor or TNF (#22 Zellner, et al, 2002). It could be the reason why the ability to create a fever arose (#20 Kluger) . Doubling time of pneumococcal meningitis in rabbits is markedly increased at fever temperature, and that bacteria did not grow at all at 41 degrees centigrade in either soy broth or cerebral fluid (#21 Small, et al 1983), so it seems that the efficacy of body temperature effectiveness is dependent on more than just enhancement of the immune system. I do not know whether heat will speed up gram positive bacteria death or not. Gram positive bacteria may not produce a fever or be affected by one because they do not seem to produce fever in alligators. For those infections that are inhibited by heat and create a fever, it may be more important to increase the temperature of old people. This is because old animals have a two hour delay in the initiation of fever and less of an eventual response. It may be that part of the enhancement of immunity is by reduction of corticosterone, because heating rats with a microwave reduces corticosterone [33]. A fever temperature caused human monocyte-derived dendritic cells when primed with bacterial extract but not proinflammatory cytokines to specifically enhance secretion of interleukin (IL)-12p70 without altering the secretion of IL-10 , tumor necrosis factor alpha or IL-1 beta. Those heat treated dendritic cells induced significantly higher levels of T-immune cell proliferation and interferon gamma production.

There has been produced an antibiotic that is said to have a broad affect on bacteria called mutacin [38 Smith].

It is possible that cashews or cashew apples could work against gram positive acne, tuberculosis, diptheria, Buruli ulcer, strep sore throat, S. pyogenes, S. agalactiae, and S. equi, Actinomyces naeslundii,
Streptococcus agalactiae, and leprosy also and is worth someone’s trying it. Tuberculosis is especially important because one third of the world are infected and one tenth of those will become active [Barry]. Indeed, a patent has been applied for regarding acne. Swamy, et al, have demonstrated leialhity of some anacardic acid derivatives against tuberculosis invitro [42 Swamy]. So it looks encouraging that we will be able to get rid of that disease. Even if cashews do not prove to be very effective, it is possible that a synergism will be detected with other medicines. Because mycoplasma bacteria are thought to be possible ancestors of gram positive bacteria or the reverse, which pathogen (disease microorganism) some suspect can cause rheumatoid arthritis [#15 Poehlmann], it may yet prove possible to kill them with anacardic acids in raw cashew nuts as well if their presence is proved. It is possible that supplementation with several milligrams of iodide per day would augment the effect, because iodide stimulates the immune system.

Gram-positive bacteria assemble on their surface covalently linked protein polymers, known as pili or fimbriae, that enable these bacteria to adhere to specific host tissues and initiate a pathogenic program. A typical pilus contains a major pilin forming the shaft and one or more minor pilin subunits.

There is also a suspicion that anacardic acids inhibit the growth of cancer tumors such as breast cancer somewhat [#1 Kubo et al, 1993]. This would seem to indicate that cashews should not be eaten routinely and exclusively since anacardic acids thus seem to inhibit the growth of a human tissue, and it is conceivable that this would include immune cells and thus retard the immune system. This may be because anacardic acid inhibits histone acetyltransferases, which regulate gene expression but not DNA transcription [#13 Balasubramanyam]. Also please keep in mind that cashews are related to poison ivy and some people are allergic to them. Children allergic to cashews are more greatly affected than children allergic to peanuts. Some stevedores are said to be exempted from unloading cashew nuts for this reason. The allergy is probably not from the anacardic acids themselves, but a different molecule. You may see a discussion of treatment for skin irritation from this in this site as well as their uses as medicines in a number of different infections and viruses. They are also said to be related to mangos and pistachios. Actually, no food should be used routinely. Seeds in general tend to be poor nutritionally since plants put few nutrients into seeds that the seedling can synthesize themselves or get from soil, and cashews are especially poorly nutritious except high in copper. With food, variety is a key word. Almost every plant food contains at least one mild poison or another. There is an additional reason for being cautious with cashew nuts. They are high in the amino acid l-arginine (see the USDA Handbook #8, and divide calories into the arginine value). Arginine accentuates the symptoms of an attack of the herpes type of virus [#7 McCune], (such as chicken pox, shingles, infectious mononucleosis, roseola). Thus an attack of shingles, which disease is a resurgence of chicken pox virus from the pain nerves near the spine where they have been dormant, will be accentuated and perhaps triggered by foods high in arginine. These foods are said to include peanuts (peanuts 50% higher than cashews, but cashews substantial nevertheless), other nuts, and chocolate. The amino acid, lysine, helps to mute the effects of the virus, significantly reducing the occurrence (when taken routinely), severity, and healing time of herpes simplex virus [#8 Griffith, 2 references]. If you should supplement with lysine, be sure not to take more than about 3 grams per day routinely since it is thought to be able to damage the livers eventually in large amounts. You can recognize shingles by large patches of a painful rash that appears on one side of the body in people under emotional stress [#9 Irwin], older people, or people whose immune system has been compromised. Other dormant herpes species may be similar.

Since whatever long lasting infection (70 to 80 % retrovirus signs [#10 DeFreitas] ) or/and poison [#10 Bell 1998] [#10 Racciati] or/and small adrenal glands [Scott & Dinan] or/and disruption of the brain-pituitary axis [#10 Scott & Svec & Dinan] (but beyond any reasonable doubt not hypochondria or mass hysteria from reading newspapers) is causing chronic fatigue syndrome (also called CFS, postinfectious neuromyasthenia, chronic virus infection, myalgic encephalomyelitis, chronic fatigue immune dysfunction syndrome, CFIDS, fibromyalgia, FM, ME, or PVFS) seems to make people more susceptible to herpes virus with 77% of CFS patients containing antibodies to HHV-6 EA as IgM and IgG [#10 Patnaik] it may be prudent for these CFS people also to eat sparingly of high arginine foods continuously after CFS or maybe until tests determine that the immune peptide hormones [#10 Patarca] are all normal again. The symptoms of chronic fatigue syndrome are impaired sleep, loss of memory, sore throat, muscle and joint aches, headache, cough, photophobia, extreme long lasting fatigue after physical exertion, night sweats, [#10
Evengard] depression that has much lower ACTH and cortisol secretion [#10 Demitrack], lymph node pain, eye pain and fibromyalgia (muscle pain) [#10 Bell 1994] as well as white spots on MRI brain scans and sometimes loss of fingerprints, a chronic low level activation of the immune system [#10 Cannon] which last may be accounting for many of the symptoms, but all symptoms highly variable. For further discussion of CFS and fibromyalgia, see this site.

It is possible that raw garlic would work on the above gram positive bacteria also but with less side affects if an article by Dr. Mercola is valid. and maybe both together would be even better, but I have no information on the safety of this last. For instructions about growing garlic see this site.

Grapefruit seed extract also seem to have something in them that is lethal to a wide assortment of gram positive and gram negative bacteria, and fungi. However it is necessary to use very tiny amounts as it is very toxic, and I have no information as to its safety combined with any of the above.

There is something in tea that inhibits the activity of tooth bacteria [45]. Unfortunately tea has fluoride insecticide used on it. If ever this stops, tea may prove to be a useful synergism with anacardic acids from cashew nuts.

Postscript: Since cavities in teeth are a prime route of infection into teeth, preventing cavities is important to avoid the need for a bacterial medicine. An excellent sterilizing agent for this purpose is hydrogen peroxide applied daily. Hydrogen peroxide is very caustic to bacteria, while at the same time it degrades to water, which is obviously inherently safe and nonpoisonous. There is no risk of cancer either. It is possible that chewing on a few cashew nuts before going to bed would also be effective, but I know of no experiments to prove it.

Cavities are very prevalent in modern societies, largely because of poor nutrition. So it is very important is to keep the teeth sound with adequate intakes of calcium, phosphate, magnesium, copper, and vitamin D. Copper is especially crucial when the teeth are first forming in children so far as strength is concerned. Vitamin D is especially important for people who must be inside away from sunlight. Vieth argues that the 200 international units (IU) usually recommended is too low. He maintains that 200 IU merely prevents osteoporosis after a fashion. He recommends 800 to 1,000 IU, total, per day. Apparently epidemiological studies and circumstantial evidence show lower rates of multiple sclerosis, hypertension, osteoarthritis, and colorectal, prostate [11], inflammation, influenza, tuberculosis, breast, heart disease, and ovarian cancer when vitamin D is adequate [32]. The heart disease may be related to the affect of vitamin D on magnesium, which in turn increases potassium uptake. It has also been discovered that vitamin D activates a cell receptor that activates antimicrobial peptide (cathelicidin), which is involved in killing of intracellular bacteria such as tuberculosis bacteria [23]. Since naked Africans receive 10,000 IU, he suggests that concerns of toxicity are inappropriate [6]. Masterjohn proposes that vitamin D toxicity, when much too much is taken, is from a concurrent vitamin K and a vitamin A deficit [31]. People getting no sunlight should supplement with at least 1,000 IU of vitamin D, which is 5 times the usually recommended amount [16 Glerup], Children in an experiment were found to have an 80% reduction in onset of diabetes taking 2,000 IU per day [from a dead URL], so I assume that 5 times that amount would be safe for adults. There has been established a wide margin of safety above current intakes. One time pulses of 100,000 IU have been tried on children of northern tribes with no obvious drastic adverse affects. However, there are conflicting reports and inadequate research to date, so they recommend against pulse therapy for now [from a dead URL]. 50,000 IU of ergocalciferol three times a week for 4 weeks solved a low vitamin D level in patients without obvious harm [39 Przybelski]. Milk is not a suitable source for some reason. Even with 3 out of 5 young adults drinking 2 glasses of vitamin D fortified milk per day, was not enough to raise blood levels of the vitamin [#25 Tangprisha]. Fish oils, especially northern fish, are a good source and furnish omega 3 oil at the same time. Fish oils are safe, since they contain only minute amounts of mercury [#37 Foran]. However there should not be more than 10 times as much vitamin A in any supplement since, while sufficient vitamin A is thought to be essential to vitamin D’s proper functioning, too much is thought to interfere with vitamin D. We are now able to better identify sufficient circulating 25(OH)D levels through the use of specific biomarkers that appropriately increase or decrease with changes in 25(OH)D levels; these include intact parathyroid hormone, calcium absorption, and bone mineral density. Using these functional indicators, several studies have more accurately defined vitamin D deficiency as circulating levels of 25(OH)D less than 80 nmol or 32 µg/L. Recent studies reveal that current...
dietary recommendations for adults are not sufficient to maintain circulating 25(OH)D levels at or above this level, especially in pregnancy and lactation. Studies in the past establishing normal levels were based on the general population who are marginally deficient. They should have been based on levels in life guards. Recent studies reveal that current dietary recommendations for adults are not sufficient to maintain circulating 25(OH)D levels at or above 80 nmol or 32 µg/L, especially in pregnancy and lactation.

It has been proposed vitamin D accentuates the symptoms of sarcoidosis (thought to be a bacterial infection), and supplements or sunlight almost certainly should not be used then.

Magnesium deficiency has been proposed as causing lower tooth density, which circumstance should be of especial interest to young children. This site shows how to increase magnesium in the diet.

Do not use fluoride in an effort to reduce tooth decay. The decline in tooth cavities has been the same in fluoridated and non fluoridated countries. Fluoride has been found to inhibit the immune system’s white blood cell’s ability to destroy pathogens [30] and combined with aluminum (in some baking powder and in some water supplies) causes an Alzheimer like disease [30a] (I suspect Alzheimer’s itself). Coffee and grapes contain high amounts of fluoride from pesticides and tea leaves pick up fluoride from the soil. Many city waters have fluoride added because of a mistaken concept that this significantly reduces tooth decay. If your city adds fluoride I would urge you to buy fluoride free bottled water or collect rain water. If something must be added I would recommend vitamin D and magnesium as much superior to fluoride for protecting teeth in children.

The use of fluoride would seem to cast considerable doubt on use of fluorinated water for those with hyperkalemia (high blood potassium) or old people (and probably everybody) especially since fluoride has been proposed to inhibit the thyroid and damage the kidneys. Researchers have demonstrated the existence of an unusually strong hydrogen bond between the fluoride ion and amides (RCONHR’) which they suggest may be involved in how fluoride interferes with normal biological functioning. Whereas the fluoride ion is comparatively stable in aqueous solution and not very reactive in normal covalent bond-forming and bond-breaking reactions, “its strong hydrogen bonding potential toward the NH group of amides and related biomolecules,” provides, in the words of Emsley, et al., "an explanation of how this reputedly inert ion could disrupt key sites in biological systems." [41 Emsley]. Fluoride causes bad damage to bone structure [35 Fagin].

Tea is said to be especially high in fluoride. Coffee contains high amounts of fluoride from pesticides as does grapes.

For old people who are forced to drink a lot of water (or imagine they are), fluoridation seems a very dangerous strategy to me though. Fluoride is not more lethal to cavity bacteria than conventional mouth wash [40 Bibby]. Fluoride does reduce solubility of enamel in acid, but only when applied topically. Eating fluoride while teeth are forming has no affect on solubility. Therefore fluoride should NEVER be given to babies or pregnant mothers. See this site for a summary of fluoride’s bad effects and a possible iodide antidote and you may see a very extensive discussion by Thomas Petrie on the awful side effects of fluoride.

I have put in a petition to the FDA a couple of years ago to make fluoridated tooth paste a prescription drug (docket number 2007P-0070/CP1) in order to protect children from acute poisoning and even death that occurs from swallowing it. Maybe the FDA would expedite consideration of this if enough of you wrote in support for it (Dockets Management Branch, Food and Drug Administration, Department of Health and Human Services, Room 1-23, 12420 Parklawn Dr., Rockville, MD 20857).

Autopsy results showed serious kidney abnormalities in animals (rodents) that drank water containing both sodium fluoride and aluminum fluoride. The Varner team said that “Striking parallels were seen between aluminum-induced alterations” in cerebral blood vessels that are associated with Alzheimer’s disease and other forms of pre-senile dementia. They concluded that the alterations of the blood vessels may be a primary event triggering neuro-degenerative diseases. If you have rodents as pets be sure not to give them fluoridated water to drink. Aluminum has been found to be significantly higher in chronic fatigue syndrome than in normal people [Van Rensburg]. Aluminum in baking powder should not be eaten and
aluminum pots and pans should not be used. Aluminum in vaccines has been significantly linked to a chronic fatigue syndrome like disease [34 Gherardi]. Aluminum has also been proposed to act synergistically with fluoride to produce Alzheimer’s disease and Alzheimer’s is most prevalent in areas where aluminum is high. The Fluoride Action Network lobbies for removing that poison from municipal water. For a forum that discusses iodide (an antidote for fluoride) access this site.

EPILOGUE

The author, Charles Weber, has a degree in chemistry and a master degree in soil science at Rutgers University. The cashew part of the article is based primarily on personal experience. He has published articles on allied subjects such as rheumatoid arthritis, aneurysms, heart disease, hemorrhoids, and slipped discs (see links below) in: The Journal of Theoretical Biology (1970, 1983), The Journal of Applied Nutrition (1974), Clinical and Experimental Rheumatology (1983), and Medical Hypotheses (1984, 1999, 2004, 2006, 2007, 2008). This article is solely funded by the author and has no commercial interest and displays no advertisement.

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While it is not the policy of this author to use testimonials, I would certainly welcome any experience or information. You may feel free to use any information in this site that you feel valid without concern over copyright other than to use it to write a book in total.

Mail to Charles Weber; isoptera at att.net –or—1 828 692 5816 (USA)>

Lowenstine has written an article which maintains that current dentistry is handling root canal operations incorrectly.

This site discusses materials used by dentists. Keep in mind that his statement that copper and zinc are toxic is incorrect, and other toxicities other than mercury are probably much over emphasized.

REFERENCES are BELOW

SOME HEALTH LINKS, unrelated to health of teeth, for your information.

---- There is information about how to obtain a very comprehensive book called “POTASSIUM NUTRITION” and thus cure or prevent rheumatoid arthritis, heart disease, gout, and high blood pressure and ameliorate diabetes.

---- For a list of several articles about health and nutrition access this site.

----Copper nutrition and physiology: Copper in food for aneurysms, hemorrhoids, slipped discs, emphysema, anemia, and maybe gray hair from a copper deficiency.


----Regulation of Potassium and Sodium: How steroids regulate electrolytes (potassium and sodium)

----The Purpose of Cortisol: Cortisol is Proposed to be an Immune Hormone against diarrhea, by declining.

----Fluoride in city water will cause fluorosis discoloration of teeth, weakened bones, damage to the kidneys and immune system, bone cancer, low thyroid, and, worst of all, damage to the nerves resembling Alzheimer’s disease.

----See this site for some links to health articles.

----For a procedure that discusses tetrathiomolybdate for removing copper and thus preventing further solid cancer growth and Hodgkin’s, see this site. This might buy some time until you can persuade a doctor to try tumor necrosis factor or interferon or an opioid antagonist drug called Naltrexone (Naltrexone in the large 50 mg size, originally manufactured by DuPont under the brand name ReVia, is now sold by
Mallinckrodt as Depade and by Barr Laboratories under the generic name naltrexone) that blocks some endorphin receptors. Said blockage is thought to cause the body to temporarily secrete more endorphins, especially after midnight at night. These endorphins are thought to stimulate the immune system. It appears to be especially effective for minimizing symptoms and retarding progression of multiple sclerosis. There are drugs listed in this site that should not be taken with low dose Naltrexone, including cortisol. Advice how to proceed if you have been taking cortisol may be seen here. (MS) also see these sites; this site and this site and a trial. A few doctors have had encouraging results in Crohn’s Disease, and even to some extent in cancer. Low doses of Naltrexone (LDN), 1.5 to 4.5 milligrams, at bedtime is used (timing is important, and it is important not to buy slow release forms). It is said to have no known bad side effects at those doses other than insomnia the first week or two in some. There is also reports from an extensive survey in this site, and an extensive discussion at this site. I think some clinical studies on Naltrexone are in order, and it should not be a prescription drug (I have a petition to make Naltrexone an over the counter drug with the Center for Drug Evaluation and Research FDA Rockville MD 20857, Re; Docket No. 2006P-0508-CPI. Perhaps if enough people wrote supporting the petition it could be enacted). Though side effects appear unlikely, it is not proven over longer periods. It is a prescription medicine in the USA. It is also being explored for AIDS by Dr. Bernard Bihari, 29 W 15th St. New York, NY 10011, 212) 929-4196 who is still prescribing Naltrexone for HIV/AIDS. (and currently Executive Director of the Community Research Initiative). Dr. Gale Guyer of Advanced Medical Center located in Zionsville, Indiana also is using it for cancer. Dr. Bihari has shown promising results for a large percentage of his cancer patients. Olive leaf extract has shown clinical evidence of effectiveness against a wide range of viruses, including AIDS [24], herpes, and cold viruses. It sometimes produces a Herxheimer or pathogen die off symptoms (from effectiveness against bacteria?). There is evidence that it is synergistic (reinforce each other) with Naltrexone. There have been a few case histories of improvement in what were probably arthritis patients and CFIDS patients. The active ingredient is said to be oleuropein or enolate. There has been very little follow up research done on it.----Also it has been found that curcumin in turmeric or curry powder will inhibit several forms of cancer, including melanoma. People who live in India where these spices are eaten, have one tenth the cancer elsewhere.----See this site for evidence of a correlation between magnesium deficiency and cancer.----The taurate is proposed as the best magnesium supplement. Taurine or 2-aminoethanesulfonic acid is an acidic chemical substance sulfonated rather than carboxylated found in high abundance in the tissues of many animals (metazoa), especially sea animals. Taurine is also found in plants, fungi, and some bacterial species, but in far less abundance. It is an amine with a sulfonic acid functional group, but it is not an amino acid in the biological sense, not being one of the twenty protein-forming compounds encoded by the universal genetic code. Small polypeptides have been identified as containing taurine, but to date there has been no report of a transfer RNA that is specifically charged with taurine [from Wikipedia]. It is essential to babies. It has been found that supplements of the amino acid, taurine, will restore the abnormal electrocardiogram present during a potassium deficiency by an unknown mechanism. This information has been used in several case histories by George Eby to control a long standing type of cardiac arrhythmia called pre atrial contractions (PACs), a benign but irritating and nerve racking heart problem, with 2.5 grams of taurine with each meal. Taurine is said to be low in the diets of vegetarians. The 2,500 grams recommended by the American Heart Association causes diarrhea in some people and should probably be reduced in those people. Taurine has been used for high blood pressure [Fujita], migraine headache (I suspect that less than 1000 milligrams can remove the headache caused by allergy to peanuts), high cholesterol, epilepsy, macular degeneration, Alzheimer’s disease, liver disorders, alcoholism, and cystic fibrosis, and depression. Keep in mind that some people may have a genetic defect that limits the amount of taurine tolerated and that adequate molybdenum may desirable. Taurine may make a copper deficiency worse, based on a single case history [Brien Quirk, private communication]. This may be because taurine may be mobilizing copper and zinc into the plasma [27]. So if you should decide to take taurine, make sure your copper intake is more than adequate, as well as your zinc. This is an extensive electronic book about chemicals against bacteria and fungi.
---Here is an argument that the human race descended from many progenitors in Human Female Evolution.

SOME SEARCH PROCEDURES

---A site is available which shows foods which are high in one nutrient and low in another (including calories). This last site should be especially useful for a quick list of foods to consider first, or for those who must restrict another nutrient because of a genetic difficulty with excretion, absorption or utilization.

---You may find useful for definitions and easy to use a search for abstracts of journal references, "Gateway". You must click on 'MEDLINE/PubMed". or a list of medical search engines. You may see an online dictionary at this site.

There is a free browser called Firefox, which is said to be less susceptible to viruses or crashes, has many interesting features, imports information from iexplore while leaving iexplore intact. You can also install their emailer. A feature that lists all the URLs on a viewed site can be useful when working on your own site ("tools", "page info", "links").

---There is a tool bar by Google that enables you to search the internet from the page viewed, mark desired words, search the site, give page rank, etc. Their Scholar feature is probably the best search in the world when journal articles only are desired.

---There is a free program available which tells on your site what web site accessed your site, which search engine, statistics about which country, statistics of search engine access, keywords used and their frequency. It can be very useful.

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Use of antibiotics contributes to the development of antibiotic-resistant bacteria. It is therefore important that antibiotics are only used when they are likely to result in benefit for the patient. Dentists prescribe approximately 8% to 10% of all primary care antibiotics in high-income countries, and therefore it is important to ensure that dentists have good information about when antibiotics are likely to be beneficial for patients. Study characteristics. The evidence on which this review is based was up-to-date as of 26 February 2018. We searched scientific databases and found two trials. Worried you have a mouth abscess or tooth infection? Read about the symptoms to look out for plus treatments including antibiotics and home remedies. Perhaps someone you know has an abscess in their mouth and you want to know what exactly that means, and how you can avoid a similar tooth infection. In this article we’ll explain what causes gum boils and infections, how to spot tooth abscess symptoms, and what dental abscess treatment usually involves. Are you worried you might have an abscessed tooth? We’ll also give you some tips for avoiding an abscessed tooth in the first place.