

# Weekly PLR Book

## Introduction

Do not be afraid. The Clostridium Difficile bacteria has been around for a very long time. No-one really knows how long but that is not a topic that is likely to excite those who perform excavations of archaeological sites, or of those who research old medical documents.

Clostridium Difficile is out there and can cause problems, but while you are fit and well and not taking antibiotics it will not affect you. We are going to look at the symptoms and the dangers of Clostridium Difficile. We will learn what we can do to help prevent the patient being infected again, and why we are now suffering after years of abuse and overuse of the 20<sup>th</sup> century's greatest contribution to medicine, namely the antibiotic..... more

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## Chapter 1

Upset the balance.

The basis of diarrhea is that you have managed to upset the balance in your stomach. The resulting fluid or almost fluid discharge comes out very rapidly and is called diarrhea. While most of the time this is because we have simply eaten the wrong food, or too much of something. When this is the case the intake of this food or drink upsets the natural balance inside of us. For me, it has always been too much orange juice and I am good for nothing until the resulting waste has been passed from my body. For you it may be something else entirely. The usual treatment is to remove the rich food or drink from your diet, often which means to fast for a day or so, and you should ensure that the fluid balance in your body is restored. You can do this by using rehydrating drinks from the pharmacist/chemist. These are the rehydrating drinks we often see on the TV news programs, when they are featuring the victims of famine or disasters who are suffering from dehydrated. In the West these drinks often have a fruit flavor to make them more palatable..... more

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## Chapter 2

### C.D. Takeover

This is not the takeover of one company by another, but the effects of C.D. becoming the dominant bacteria in the bowel. C.D. cannot just take over on its' own; it has to have outside help. This help will often come from a course of antibiotics given to stem an infection in an already weakened patient.

- What symptoms are we looking for?
- What can we expect to happen?
- Is there anything we can do as the friends and family of the patient?

Let's look at this carefully..... more

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## Chapter 3

### Treatment

Everyone has their own way of treating diarrhea. That treatment was probably passed down from your parents or a doctor at some time in the past. Some prefer to block up the bowel by using what are colloquially known as "stoppers" so the patient returns to normal, but the toxins and spores of C.D. will still be in the stomach. For this reason, there is no benefit to using this anti-diarrhea medicine for C.D. When treating C.D. as for most cases of diarrhea the best way is to get all the toxins out of the stomach and away from the body..... more

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## Chapter 4

Who are most at risk?

The Elderly

Let's put the statistics into an easily-understood form. 80% of the diagnosed cases of C.D. are in people over the age of 65. The young and the healthy are not in the 4 out of 5 cases of C.D. If you are helping an elderly friend or relative, then watch out for any prescription for a course of antibiotics. Be sure that this treatment is needed and has not been given by the doctor just to get the old person out of his or her consulting rooms. Also, you should visit or telephone your friend or relative regularly while they are taking the antibiotics to make sure they have not had an adverse reaction to the antibiotics. This adverse reaction to the antibiotics includes C.D., but there are other reactions as well. A good layman's medical guide to drugs and their use will often include a list of possible adverse side-effects that you need to look out for..... more

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## Chapter 5

Be careful of antibiotics

We live in a world where medicine is dominated by the use of the antibiotic to cure a number of ailments. Penicillin was only discovered and isolated in 1928 and mass production did not really start until 1945 but its use has revolutionized medicine at the end of the 20<sup>th</sup> century and into the 21<sup>st</sup>. Fleming cautioned against the use of penicillin unless there was a properly diagnosed reason for it to be used. When it was used he said that there should not be too little or too much used..... more

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## Conclusion

What if you or someone in your family has had the diagnosis of Clostridium Difficile? Don't panic. There are adequate treatments out there not only to combat the C.D. but also to stop it, so it is not a superbug that has no way of being tamed.

The fact that a laboratory test has been carried out and the diagnosis has been done is a start on the road to recovery.....  
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