



THE  
SOLINGER METHOD

by Root Health L.L.C.



## Understanding E. Coli

Escherichia coli (E. coli) is a bacterium commonly found in the intestines of humans and animals. While most strains are harmless, some can cause severe food poisoning and gastrointestinal distress. E. coli in the stool often indicates an infection that needs to be managed carefully.

### Symptoms of E. Coli Infection

- Diarrhea (sometimes bloody)
- Abdominal cramping and pain
- Nausea and vomiting
- Fever
- Fatigue

### Naturopathic Approaches to Managing E. Coli Infection

#### 1. Hydration:

- Importance: Staying hydrated is crucial to prevent dehydration caused by diarrhea.
- How: Drink plenty of water, herbal teas (like ginger or peppermint), and electrolyte solutions. Avoid caffeine and alcohol as they can worsen dehydration.

#### 2. Dietary Adjustments:

- **Clear Fluids:** Start with clear fluids like broth and diluted fruit juices to give the digestive system a rest.
- **BRAT Diet:** Transition to the BRAT diet (Bananas, Rice, Applesauce, Toast) as symptoms improve.
- **Probiotics:** Consume probiotic-rich foods like yogurt, kefir, sauerkraut, and miso to restore healthy gut bacteria.

#### 3. Herbal Remedies:

- **Garlic:** Natural antibacterial properties. Consume raw garlic cloves or garlic supplements.
- **Goldenseal:** Known for its antimicrobial effects. Can be taken as a tincture or capsule.
- **Echinacea:** Boosts the immune system and helps fight infections. Available as a tea, tincture, or capsule.

#### 4. Supplements:

- **Vitamin C:** Supports the immune system. Take 1000 mg daily in divided doses.
- **Zinc:** Helps boost immunity. 20-30 mg daily can be beneficial.
- **Probiotics:** Supplement with a high-quality probiotic to restore gut flora.

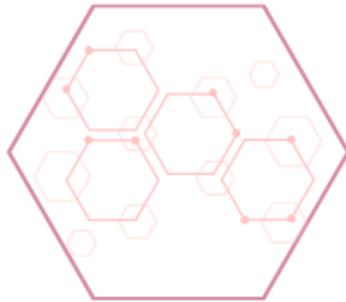
#### 5. Homeopathy:

- **Arsenicum Album:** For diarrhea with burning pain and a sensation of exhaustion.

- **Nux Vomica:** For cramping and nausea, especially if symptoms worsen after eatng.
- 6. **Rest and Recovery:**
  - • Ensure plenty of rest to allow the body to heal.  
Avoid strenuous activities and focus on relaxation techniques like deep breathing, meditation

**1. Hygiene and Prevention:**

- Practice good hand hygiene by washing hands thoroughly with soap and water, especially before eating and after using the bathroom.
- Avoid raw or undercooked meats and ensure proper food handling and cooking practices.
- Keep kitchen surfaces clean to prevent cross-contamination.



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