

Grapefruit Seed Extract may help Fight Stomach and Intestinal Bacteria

Grapefruit seed extract is regarded as being natural antibiotic that is effective against a broad range of bacterial infections. It has also been used to treat parasitic infections and a range of viral infections as well as having found uses for a wide variety of medical conditions.

So what is it about grapefruit seed that is so special? Most people are acquainted with grapefruit, which as a member of the citrus family of fruits, and not to be confused with grapes which are a totally different type of plant. Grape seed extract is also a useful natural medication, but used for totally different conditions.

Because of its efficacy against parasitic and viral infections, grapefruit seed extract is very useful in treating various forms of food poisoning. But, how was this remarkable property of the simple grapefruit seed noticed? The answer to that depends very much upon what version of the story of Einstein Laureate physicist and immunologist Dr. Jacob Harich you believe.

Dr. Harich was not only a scientist but a hobby gardener in Florida, and the two versions of his story tell either that he decided to investigate why grapefruit seeds tasted so bitter, or why the grapefruit seeds in his compost heap failed to compost, or rot. Whichever story is correct, and perhaps both are, the result was the discovery that grapefruit seeds appeared to be a very effective antibiotic.

In fact it has been shown to be effective against over 800 strains of bacteria and viruses and also effective against many fungi that lead to illness in humans. Because of this it is used in cases of food poisoning that involve bacterial infection of the gastrointestinal tract. In fact during the latter part of the 1980s, grapefruit seed extract was tested against a number of known antibiotics and found to be as effective as any of them. Similar results obtained in a number of tests in the USA and elsewhere in the world, and it appears that it is an excellent treatment for the symptoms of food poisoning.

Not only that, but it has been found effective in the treatment of some immunodeficiency diseases, presumably because its antimicrobial properties does much of the work that the immune system would normally do, and so relieves it of much of its hard work. This allows the immune system to concentrate on conditions which are exacerbated by deficiencies in its operation.

Bifidobacteria and Lactobacilli are bacteria that are beneficial to the digestive system. The measure of a good broad spectrum antibiotic is that it does not affect the beneficial bacteria, and grapefruit seed extract has no effect on the former and only a mildly inhibiting effect on the latter. It is also non toxic to humans, which is another measure of a good antibiotic. You would have to drink about two pints of the extract, around 4000 times the normal dose, for the treatment to be potentially fatal.

Among the many uses of the extract are not only in controlling gastrointestinal infections, but also general fungal conditions of the skin, vaginal infections and yeast infections, and also colds and sore throats. It is also believed to support the immune system, not only by its antimicrobial properties but through its effect on intestinal health upon which much of our immune system is dependent. It can also protect patients with symptoms of AIDs and other immunodeficiency conditions from infection.

Its effect on yeast infections around the nether regions of small children has been documented, and it has also been found to be very safe to young children. In fact many mothers have it as a permanent addition to their medicine cabinet.

It is not that long ago when doctors believed all diseases to be due to bacteria or viruses. It is now becoming clear that a large proportion is actually due to fungal infections and parasites. Many conditions such as allergies, circulatory disease and some forms of arthritis have been shown to be due to fungal infections that weaken the immune system. Grapefruit seed extract has been found to be effective in treating many types of fungal disease.

In using the extract in this way, and to treat bacterial infections, it is best to start with a low dose and gradually increase it. This is because when fungi and bacteria are destroyed they release toxins, and too high a dose could result in too much toxin being produced for your body to handle. If you take it gradually you will get the same result, but without the risk of the nausea and diarrhea which the toxins can cause.

Despite all of these benefits, grapefruit extract has not been given the credit it deserves, and much research has still to be done to establish the constituents of the seed that confer these properties. Among these are known to be proanthocyanadins, a class of flavanols with strong antioxidant properties, and a diphenol hydroxybenzene complex that destroys bacteria through the cytoplasmic membrane to prevent the uptake of amino acids and cause leakage of the cell contents. Other active components are Vitamins C and E, tocopherols, limonoids and sterols, in addition to a number of important minerals.

However, there is still much work to be done, although the extract will continue to be used by many devotees for the treatment, not only of food poisoning symptoms, but also of conditions such as acne, athlete's foot, gingivitis, cold sores, sinusitis and parasitic infections. It appears to be practically a cure-all.

There appear to be no drug interactions, although some medications do react with grapefruit juice, such as some treatments for high blood pressure. If your treatment advises you not to take grapefruit juice, then do not take grapefruit seed extract. Another factor to be aware of is that since the extract is an effective bactericide, then it could deplete the digestive tract of friendly bacteria essential for digestion. You are advised, therefore, to take a supplement of acidophilus, which is easily taken in the form of yoghurt type drinks specifically formulated or dietary supplement for the purpose.

About the Author

More information on [grapefruit seed](#) extract is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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