

## Skin Detoxing, and Staph Infection Treatment

I wrote this in response to a post about detoxing and losing weight and seeing skin infections/spots coming up. Over the years I have watched this play out over and over with people who lose weight, especially if they lose it quickly.

***ORIGINAL POST: "... I may be detoxing already. Lost 30 pounds the last couple months. But now I am getting small sores on my skin all over so wanting to help this get over with."***

The small sores are from losing fat, and as it dissolves it releases all the toxins it has been storing- Fat stores a ton of toxins, bacteria and chemicals. You need to really boost your immune system to help you deal with this release of toxins, and work on detoxing your skin as well. First, treating the sores:

If any of the sores develop a white head/infection, do NOT squeeze them!

**For infections: hot water with sea salt in a compress over the infection for 15 minutes- then take a cabbage leaf and cut a piece of the thickest part of the leaf and crush it, apply to the infection and put a light bandage over it to hold the poultice in place. Leave on for 1-2 hours. Repeat the hot salt compress and cabbage several times a day. This will draw out the toxins and will drain the toxins/bacteria out of the skin.**

If any of the skin infections become large, with a pustule in the centre that will not drain after a day or so, you may be developing a staph infection- this is actually very common in {original poster's} situation as Staph bacteria loves to lay dormant in fat deposits. Treat it by **alternating the cabbage poultice with a sugar/Betadine poultice: Mix 1 teaspoon of regular white sugar with Betadine solution to make a coarse paste- put a blob of this mixture onto a bandage and place over the infection as a poultice- change every hour or so. Betadine and sugar pulls infections out of the skin** and even works on gangrene!

As for detoxing in general, 1-2 tbs of Black seed oil every day., and drink distilled water- at least 2 liters a day if you can. I also highly recommend eating broccoli at least once a day- broccoli (and cauliflower) act as a sponge to absorb excess hormones that have been trapped in Fat cells and will flush them out of your system

A full bath soak is extremely helpful: add 1 cup sea salt, 1/2 cup epsom salt, and about 3 tbs of Borax to the water and soak in it for a half hour- try to do this a few times a week.

Kaolin Clay (also called white china clay)- this is one of the best skin detoxers I've found (also used in the canadian military in their chemical warfare emergency kits!!) 1 tbs of dry clay and add a bit of water to make a smooth paste- apply to the infections and leave on for 20-30 minutes until fully dry, and rinse off. You can also make a "moist" mixture to apply -1/4 tsp of black seed oil, and 3 drops of lavender essential oil, and enough dry clay to mix into a paste. This is a very soothing pack that doesn't "dry" due to the oils, but will greatly help to pull the toxins and keep the area from getting secondary infections.

Applying c60 black seed oil will help significantly. It works extremely well topically with acne,

infections and burns, and I've used it on infections with immediate results. The combination of the C60 with Black Seed oil is like a 1, 2 punch when it comes to any kind of skin issues that I've tested it on.

It is important that if you touch the sores you are meticulous with washing your hands afterwards as the bacteria can be highly infectious. Also, try to NOT use bandaids/plasters to cover them, as much as possible- we've found that the adhesive in ALL of them tends to irritate the skin and then cause secondary infections around the primary sore!