

GSE is becoming more and more common in industrial applications as an environmentally friendly cleanser and antiseptic. It can sterilize cooking pots, surgical instruments — nearly anything. There are two clear negatives: GSE can kill off intestinal or skin bacteria where garlic will not, whatever the amount consumed, and GSE is much more difficult to make at home. It must be either purchased or made from plants with a limited range of growth. Garlic may be grown easily throughout most of North America and the world. An additional strength of garlic is that it adds considerable health-supporting and immune-enhancing benefits, a range of action not achievable from GSE at all. One particular strength of GSE over garlic is its use as a disinfectant. GSE has been found to be more powerful as a cleaning disinfectant than standard hospital preparations. One study showed it to be 100 percent effective, versus 98 percent for commercial hospital preparations and 72 percent for rubbing alcohol. Perhaps the best listing of the many laboratory studies on GSE is contained in Shalila Sharamon and Bodo Baginski's *The Healing Power of Grapefruit Seed* from Lotus Light Publishing (1996).

Preparation and Dosage

Use as diluted extract for internal use, as douche, as wash, as nasal spray, as water purifier when traveling in foreign countries or to treat water-borne infectious disease, as disinfectant for sickrooms, medical instruments, hands.

Fresh leaves, seed, and fruit peel: Generally, GSE is professionally manufactured. The exact manufacturing process is a closely kept secret, and there is some (disputed) evidence that the commercial process involves more than a simple extraction procedure. It is unknown whether simple home extraction processes will produce the same efficacy as the commercial extract. The seeds, peel, and leaves may all be used.

Seeds only: To prepare the closest thing to the commercial preparation, use seeds only. Grind well. Add enough 95 percent grain alcohol to moisten well without the mixture being soupy. It should look like damp sawdust. Let stand for 24 hours, covered. Add 70 percent vegetable glycerine and 30 percent spring or distilled water in a 1:3 ratio.