

increased if no adverse reactions occur. The possible side effects and contraindications should be kept in mind.

Douche: 6 to 12 drops in 1 pint (475 ml) water 2 times a day for up to 1 week.

Nasal spray: 3 to 5 drops in nasal spray bottle up to 6 times a day.

Wash: 20 to 40 drops in 1 pint (475 ml) water for infected wounds.

Diarrhea or dysentery preventative: 3 drops per day when traveling.

To purify water: 3 drops per 8 ounces (237 ml) water (or 350 gallons [906 l] per 1 million gallons [3,785,400 l] for municipal water supply).

Disinfectant: 30 to 40 drops per 1 quart (1 l) water. Use to clean hands, surgical instruments, rooms, linens.

For bandages: 30 to 40 drops in 1 quart (1 l) distilled water in spray bottle; spray on bandages before use.

Side Effects and Contraindications

GSE must be diluted before use. Excessive internal doses over extended periods can kill off all intestinal bacteria much as broad-spectrum antibiotics will, with the same problematic side effects. The undiluted extract can cause skin and mucous membrane irritation. The extract will cause severe eye irritation. Generally, the extract should always be used diluted and not used for eye infections. Keep it out of the reach of children. Caution is indicated in pregnancy. If it is used for serious bacterial infection to the extent that intestinal bacteria are killed off, the gut should be repopulated as soon as possible. Yogurt and acidophilus are recommended for this purpose.

Alternatives to Grapefruit Seed Extract

Garlic. All citrus species, which have shown remarkable antibiotic activity in both traditional use and scientific study. The most powerful appear to be *Citrus bergamia*, *C. limetta*, *C. limon*, *C. aurantiifolia*, *C. grandis*, *C. reticulata*, and *C. sinensis*.