

## Food Poisoning

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Nausea, vomiting, cramps, diarrhea, fever, and headache may all point to food poisoning. There are different types of food poisoning. The more common types are E.coli, Salmonellosis, Staphylococcal, and Rotavirus. These and other types of food poisoning may last a few minutes, a few hours, or a few weeks.

**There are no helpful herbs and supplements for this condition. □ However, listed are helpful nutrients for this condition:**

**Charcoal tablets:** Importance: High

Comments: Detoxifies colon and bloodstream.

**Garlic:** Importance: High

Comments: Removes toxins from the body. Kills bacteria in the colon.

**Potassium:** Importance: High

Comments: Replenishes electrolytes in proper balance.

**Vitamin C:** Importance: High

Comments: Rids the body of toxins and bacteria.

**Vitamin E:** Importance: High

Comments: Boosts immune system.

**Fiber:** Importance: Moderate

Comments: Eliminates bacteria from colon walls, inhibiting them from getting into the bloodstream. Promotes healing.

**Kelp:** Importance: Moderate

Comments: Provides minerals to replenish electrolytes.