Med Expo -- A critical-care physician at Eastern Virginia Medical School (EVMS) believes he found a simple, inexpensive cure for unresponsive sepsis.

Sepsis is a condition that leads to multiple organ failure. It is estimated that nearly 8 million people die each year from the disease. Many doctors view sepsis as a three-stage syndrome, starting with sepsis and progressing through severe sepsis to septic shock. The goal is to treat sepsis during its early stage, before it becomes more dangerous.

Dr. Marik says his 'cure' (Vitamin C and Chemical Steroids) provides no side effects. He hopes other physicians and doctors begin using his method before the results of the trials conclude.

The body makes cortisol from the medial adrenal gland. This catabolic steroid breaks up bad tissues and cells to relieve inflammation. The cortical steroid chemicals alter DAN in other cells and cause them to send out cortisol. This relieves inflammation but it creates dependency and upsets nature’s apple cart. Such steroids should only be used as a last resort, but it could save lives. This cure should only be used when other more natural therapies have failed.
Understanding Sepsis

- Regardless of what caused it, the inflammatory response is the same and is designed to help the body fight infection and repair itself.
- SIRS is local inflammatory response that gets out of control.
- An avalanche of chemical mediators is set off that leads to tissue/organ damage.
- Endotoxins from bacteria signal release of cytokines and other mediators that circulate throughout the body and cause a number of responses:
The breakthrough moment for Dr. Paul Marik, the Chief of Critical Care at EVMS, came in 2016. Dr. Marik was running the general intensive care unit at Sentara Norfolk General when a 48-year-old woman was admitted with a severe case of sepsis.

"Her kidneys had failed, her lungs had failed, I just knew she was going to die," said Dr. Marik.

The available treatment options were running out.

It just so happened that a few weeks earlier, Dr. Marik read about Vitamin C as a possible treatment for sepsis.

Septic patients are said to have little or undetectable levels of Vitamin C in their cells.

Keeping in mind that Vitamin C and steroids work similarly, Dr. Marik asked his staff to combine the two and inject them into the patient intravenously.

The results were unexpected.

Within hours, the patient was reportedly recovering. Within two days, Dr. Marik gave her an 'ok' to leave the ICU.

In the following days, two more patients, who were seemingly destined to die of sepsis, received this treatment. Twice more the patients recovered.

The treatment became standard for Dr. Marik and his team began. Later, thiamine was added into the mix, as sick patients often are deficient in thiamine (thiamine helps cells absorb vitamin C).

To validate the findings that many called 'too good to be true', Dr. Marik and his staff teamed up with scientists at Old Dominion University.

The results: confirmed, according to Dr. John Catravas, the Interim Executive Director and Sentara Endowed Chair of the Frank Reidy Research Center for Bioelectrics at ODU.

Next step: further research across a much larger patient population.

Dr. Marik says his 'cure' provides no side effects. He hopes other physicians and doctors begin using his method before the results of the trials conclude.

"This is an intervention that is readily available, cheap and has the potential to save millions of lives," said Dr. Marik.
While any type of infection — bacterial, viral or fungal — can lead to sepsis, the most likely varieties include:

- Pneumonia.
- Abdominal infection.
- Kidney infection.
- Bloodstream infection (bacteremia)
CAUSES

• PPD 0: ATELECTASIS
  – general anesthesia
  – cigarette smoking
  – obstructive lung disease

• PPD 1-2: URINARY TRACT INFECTIONS
  - Multiple catheterization during labor
  - Multiple vaginal examinations during labor
  - Untreated bacteriuria
Know the signs and symptoms of sepsis.

- Shivering, fever, or very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion or disorientation
- Short of breath
- High heart rate

If suspected, get medical care immediately.

THE DANGER SYMPTOMS

THE UK Sepsis Trust says these are some of the main warning signs:

- SLURRED speech, which is triggered by a lack of blood supply to the brain.
- MOTTLED or discoloured skin anywhere on the body.
- EXTREMELY painful muscles, due to lack of oxygen.
- PASSING no urine (in one day) as the kidneys stop working properly.
- SEVERE breathlessness. The body senses there isn’t enough oxygen getting to the brain, so it increases the ‘drive’ to breathe to increase it.
- CHRONIC tiredness and swelling of the affected area.
Below listed are the top home remedies for Sepsis:

1. Turmeric. Turmeric is a herb that has been used since ancient times to cure a wide range of human ailments. ...
2. Garlic. This is another commonplace kitchen ingredient that can be used to treat sepsis.
3. Honey. ...
4. Vitamin C. ...
5. Mung Bean.
6. Green Tea
7. Omega 3
8. Boswellia
9. White willow bark
10. Ginger
11. Bromelain pineapple, papaya
9 Top Natural Cures For Septicemia

**Yoghurt**

Yoghurt or curd contains lactobacillus acidophilus which is a good bacteria with live culture that destroys harmful bacteria present in the body. **Septicemia is caused due to the multiplication of dangerous bacteria in the body which damages the functionality of bodily systems** and causes the complications which can lead to death. Therefore, along with medical care, you can also eat some yoghurt. **Unsweetened curd is the best option as sugary yoghurt is harder to digest and puts a heavy strain on the body which is already battling a bacterial infection.** Yoghurt can be made into shakes and taken as a side dish or dessert as well. In many countries, yoghurt is used as a dip as well.

**Lemon**

Lemon is rich in antioxidants. These antioxidants increase the immunity of the body and ward off infections which attack the body. **Lemon is rich in an antioxidant vitamin known as vitamin C or ascorbic acid which raises the ability of the body to fend off infections.** Lemon juice can be taken to counter the symptoms of blood poisoning or septicemia. Of course, medical treatment should continue alongside as well. **Lemon slices can also be roasted in a pan and pickled with some salt and pepper.** This home remedy can be taken regularly to get relief from the bacterial pathogens causing septicemia.
**Chlorophyll Rich Foods**

Another good natural cure for septicemia is eating foods that are rich in chlorophyll. Chlorophyll is a green pigment produced by plants and it is present in significant quantities in green, leafy vegetables such as celery, broccoli, spinach, lettuce and kale. Collard is another vegetable which is rich in this pigment. These foods are high in crucial nutrients such as folic acid, folate and vitamin B complex which boost liver functioning and the production of erythrocytes or red blood cells in the body. Chlorophyll also flushes out toxins from the system + ensure that the bacteria which are infecting the body are ejected from it.

**Herbal Coal**

Birch wood is a tall deciduous tree found in Northern countries. This tree is often called Watchful Tree because it has eye like marks on its bark. This tree belongs to the genus Betula. There are various varieties of Birch such as Sweet Birch, Dwarf White Birch and Yukon Birch. You can put Birch wood coal on the abscesses or wounds in the body that have formed due to septicemia. This herbal coal absorbs close to 100 percent of its full weight of pus and toxins which can help in reducing the symptoms of blood poisoning.
**Burdock**

Burdock is a blood cleansing herb. Its botanical name is Arctium Lappa. This biennial herb is commonly found in Europe and the Rocky Mountains of United States. Burdock root is a potent herbal remedy for septicemia. The root of this herb can be crushed into a paste after having boiled it. The paste can be used to heal abscesses and wounds. Burdock root infused water can also be taken to ward off the symptoms of septicemia. This herb is also available in powder, tincture and capsule form for ready consumption. The blood purifying properties of this herb make it a good cure for septicemia.

**Echinacea**

Echinacea Angustifolia is the botanical name of this herb. Echinacea is a herb which can improve the functioning of the immune system. This herb is also called Purple Cone Flower. Its antibacterial properties also make it very beneficial for curing septicemia. This herb increases the white blood cell production in the body. White blood cells or leukocytes fight the infection in the body and kill bacterial pathogens. This makes it a good natural cure for blood poisoning. Echinacea root can be added to tea and consumed for healing septicemia patients.
**Wild Indigo**

Wild Indigo stimulates immune system functioning. **This herb has the ability to eliminate heat and toxins from the body.** Due to both these reasons, it is an ideal cure for septicemia. Wild Indigo is known botanically as Baptisia Tinctoria. Another name given to this herb is False Indigo. This perennial herb is native to the Eastern coast of the United States. Wild Indigo is available in tincture form. **Tincture made from the root of this herb can be taken to fend off the symptoms of septicemia.** Persons suffering from blood poisoning can also take this herb in extract form for improving their condition.

**Astragalus**

This herb has other names as well. In China, it is referred to as Huang Qi or Green Dragon. **This herb is also known as Loco Weed and Goat’s Horn.** The botanical name assigned to this herb by scientists is Astragalus Membranaceus. This herb is well known for its immunostimulant properties. **It is this very medicinal value of the herb that makes it a beneficial cure for blood poisoning.** Septicemia attacks the body and it is up to the immune system to fight against this disease. **Astragalus root extract can be taken to eliminate the weaknesses in the immune system** and ensure the timely destruction of deadly bacteria in your body.
Red Clover

Red Clover is known for its ability to solve conditions pertaining to menstruation and menopause. But this herb also has value as a natural cure for blood poisoning or septicemia. This blood cleanser detoxifies the body and eliminates harmful bacterial pathogens which are known to cause the disease. Red Clover tea should be prepared using the flowers of this herb. It can be consumed to heal the person’s body. This herb is also available in capsule and tincture form for health benefits.

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