



Recurrent Clostridia Antibiotic or Natural Remedy Intervention Protocols (examples)

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These intervention options are typically used for individuals with recurrent *clostridia* problems seen on the Organic Acids Test and without severe illness and/or digestive disease secondary to *Clostridia difficile* infection. People suffering with severe health problems such as fever, weight loss, abdominal cramping, loose and/or bloody stools should be evaluated and treated medically.

Antibiotic Option:

The goal with this intervention approach for recurrent *clostridia* is to hit the *clostridia* bacterial colonies with a 10-day course of an antibiotic, then stop for a few days before hitting the bacterial colonies again with a series of cyclical treatment days. This cycle then repeats itself over a 3 week period of time. The total program is approximately 3-1/2 weeks. The typical dose for Flagyl or Vancocin is 30-40mg/kg split dose three times daily. Vancocin can be given four times per day, but compliance is an issue and three times daily has worked well, particularly when the dosing schedule is spread out over time:

- One dose of Vancocin or Flagyl three times daily for ten days straight, then
- Every 3rd day thereafter administer another treatment day (at three doses for that one day) for an additional 3 weeks.

Additional Nystatin Treatment Option: The addition of Nystatin may prove beneficial to combat yeast overgrowth secondary to antibiotic use. A typical dose is 500,000 units three times daily. Smaller dosage amounts can be used in children, e.g. 125,000 units to 250,000 units. It is recommended to repeat the Organic Acids Test (OAT) or Microbial Organic Acids Test (mOAT) from Great Plains Laboratory during the last week of Vancocin or Flagyl if possible.

Natural Remedy Option:

This program is intended to mimic the dosing sequence of Vancocin or Flagyl but using natural remedies instead. There are documented cases where the *clostridia* counts have normalized using the combination botanical supplement called Biocidin (from BioBotanical Research). Other supplement options may provide treatment support as well.

All products are available from New Beginnings Nutritionals (NBN) – <https://nbnus.com>:

- **Biocidin** (capsule or liquid) – 1 to 3 capsules three times daily or 5 to 15 drops of the liquid three times daily for 14 days. Then every 3rd day thereafter give one day dosing (three times per day as either the capsule or oral liquid) for an additional 4 weeks.
- **CoreBiotic** – 1 to 4+ capsules nightly away from Biocidin
- **Additional Options:**
 - **Grapefruit Seed Extract** (Nutribiotic) or **Garlic Extract** (Allimax) – 3 to 5+ drops of either in juice or water three times daily throughout the entire course of treatment (optional), or some other botanical remedy, e.g., Berberine Complex.
 - **Culturelle** – 2 to 4 capsules daily. This is a probiotic that has been used too for clostridia bacteria.

NOTE: It is recommended to repeat the Microbial Organic Acids Test (mOAT) or Organic Acids Test (OAT) from Great Plains Laboratory during the last week of botanical remedy program.

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