

Internal Healing Suggestions for Cellulitis

These suggestions are intended for use AFTER receiving a discharge from the hospital, after receiving a full round of IV antibiotics. To avoid issues, such as amputation (yes, for real!), do NOT attempt to treat Cellulitis without a full hospital evaluation.

Once discharged, be sure to take ALL the oral antibiotics EXACTLY as prescribed.
Keep an eye on the affected area. If there is ANY increase in redness, heat, pain, swelling, pus, or red streaking,
GO IMMEDIATELY BACK TO ER!!!

NO alcohol, sugar, white carbs. You need to build the immune system, not challenge it more!

Lifestyle:

Sunshine & Movement everyday
Good Sleep and Rest
Clean environment

Nutrition:

Add to diet as much as possible:
Garlic in all forms, esp. fresh
Pineapple (for the natural Bromelain)

Fermented Foods:

Real Yogurt or Kefir containing real Probiotics (unsweetened, no added sugar)
Real Sauerkraut containing real Probiotics

Bone broth with natural collagen
Coconut oil
Aromatic spices/herbs (Oregano, Thyme, Basil, Cinnamon, etc.)

Herbs:

Dandelion tea with Manuka Honey (add Ginko Biloba & Fenugreek if possible)
Any Fyre Cyder, but especially the Sweet Violet Lymph

Supplements:

Supplement with oral Vitamin C, D, E
Grapefruit Seed Extract (GSE)-tastes nasty! 5 drops in 5 oz. water and chug!



Deborah Savarese
817-521-5379

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