



Is MRSA Contagious?

**How to protect yourself from
MRSA Staph infections and
prevent spreading these superbugs to others**

www.staph-infection-resources.com/aro/mrsa-secrets-revealed.html

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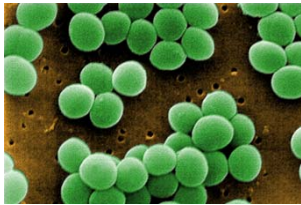
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Staying safe from contagious superbugs



MRSA and Staph are contagious infections that can easily spread from person to person, in the air and from contaminated surfaces. But you don't have to live in fear of these bacteria.

When it comes to protecting yourself and your family, a little knowledge goes a long way. You can greatly reduce your risk of getting infected with a few simple steps that I'll show you below. And you can keep MRSA under control in your home with the methods you're about to learn.

Most importantly, you are not alone in your struggle against MRSA and Staph. The methods you'll see below have been used successfully by others to protect themselves or their loved ones from these challenging infections. What you're about to learn is just a small peek of my 3 Step Success Formula that has changed many lives for the better. Read the success stories for yourself here:

<http://www.staph-infection-resources.com/mrsa-testimonials.html>

Is MRSA lurking in your home?

Staph and MRSA bacteria can live for weeks on counter tops, door knobs, toys, furniture, sports equipment, TV remotes, and the list goes on. How long the bacteria can live depends on the temperature, humidity and other factors.

MRSA and Staph can pass through the air on dust and other particulates. You can catch MRSA by being close to infected people, which is most common in hospitals, nursing homes and in other healthcare facilities where these infections are more prevalent.

MRSA and Staph can easily enter your body through the lungs, nose, mouth, open cuts on your skin, wounds and surgical sites. The bacteria are easily spreadable on your hands, in some body fluids, on clothing and laundry, on household surfaces and other objects and from direct contact with an infected person. MRSA and Staph can also be transmitted to humans from pets (pets pick up MRSA bacteria from humans).

But your chances of catching MRSA can be greatly increased or decreased in a number of ways. There are also ways to practice effective MRSA infection control.

Where do you catch MRSA?



The highest risk of catching MRSA and Staph infections is in hospitals and healthcare facilities. However, these contagious bacteria are being found more often in the community. As MRSA continues to grow in the U.S. and abroad, you are probably exposed to MRSA bacteria more often than you realize.

Healthcare-Associated MRSA (HA-MRSA) is especially contagious in hospitals where it is spread from patient to patient. Healthcare facilities contain many sick people in close quarters, making an ideal breeding ground for infections. Open wounds, surgical contamination and doctors and nursing touching many different people make infections even easier to pick up.

In the past, MRSA was solely found in hospitals as HA-MRSA. As the number of MRSA hospital infections increased, more and more people brought these bacteria into the community, creating Community-Associated MRSA (CA-MRSA). Staph and MRSA bacteria are becoming a serious and growing problem in gyms, schools, prisons, on sports teams and other in other community settings. MRSA and Staph bacteria can be transmitted in most any setting where people are either infected or carrying the bacteria.

Just because you are exposed or touch someone with MRSA doesn't mean you will get a MRSA infection. Roughly 30% of people carry Staph (and a smaller percent carry MRSA) bacteria on their skin and don't even know it. They may never get infected and have no idea they carry it. These people are called "carriers". Staph or MRSA carriers can transmit the bacteria to others who can then become infected.

You CAN protect yourself and your family

Despite the growing menace of Staph, MRSA and other superbugs, there are effective steps and measures to help protect yourself from getting infected, and help keep MRSA from spreading to others.

After struggling with recurring infections for four years, I finally discovered the answers I needed to stop these infections and keep them from coming back again. I've seen first-hand the effects that using the right methods can have at preventing infections. Before I share just what those methods are, we need to clear up some common myths and misinformation that's you've probably seen online or even heard from your doctor.

MRSA myths and misinformation



Most doctors and infection experts agree that washing your hands and practicing good personal hygiene are some of the best ways to prevent MRSA, Staph and many other infections. While hand washing is a top preventative measure, using soaps with antibacterial ingredients

can actually increase your risk of catching resistant infections in the long run. Most popular soaps and cleansers also contain harsh chemicals that can potentially weaken your immune system, making you more prone to infection. Also, hand washing alone will not protect you from airborne MRSA. In the section below I'll show you the best way to wash your hands and what common soaps and cleansers to avoid.

Most people think that bleaching everything in their house is the best way to control the spread of MRSA. Many doctors even prescribe bleach baths to their patients trying to get rid of MRSA or Staph skin infections. The thing is, bleach can't be used on every

"I can now hold my grandchildren again..."

"Last spring I got the infection near the nail bed of my left index finger. The worst of this whole ordeal was I would never be able to hold my grandchildren again for fear of infecting them.

Your book saved my sanity and gave me all the knowledge I needed. Then in September my swab test were negative for MRSA.

I now allow myself the thrill of holding my grandchildren. Thank you!"

- Mary M., Albuquerque, NM

kind of surface and the toxic side effects of bleach can weaken your body's defenses and leave you more prone to infection.

Fortunately, there are alternatives to bleach that are non-toxic and effective at killing MRSA bacteria. There are also effective ways to control bacteria on your skin without resorting to toxic bleach baths, as you'll see further below.

You'll sometimes see companies selling a single product or remedy touted as being the end-all be-all solution for preventing Staph and MRSA. Nothing could be further from the truth. You'll get the best result by protecting yourself against MRSA on multiple fronts. That means killing the bacteria in your home, controlling the bacteria on your body and making your body more resistant to these infections in the first place.

While MRSA and Staph are contagious, there are many things you can do to reduce the risks both in your home and inside your own body. Unfortunately, people rarely hear about these important measures from their doctors. Below you'll see how to make it harder for MRSA to lurk and spread in your home.

You'll also see ways to make your body more resistant to catching these infections from the inside.

How to protect yourself

Below are tips and techniques you can use to protect yourself and your family from superbugs like MRSA. These helpful prevention methods cost little or nothing and most of them are relatively simple to follow. You'll also find that you do most of the things below anyway, it's just a matter of doing them better in some way.

“The principles in your book saved my life and my quality of life!”

“I got MRSA from my first sinus surgery... When my son acquired MRSA, I was devastated.

Reading your book just struck home to me. After all the research I have done, these principles are what saved my life AND my quality of life!

This book, to me, is like a bible to follow for your health. I am doing very well, and am in full remission... Many thanks for the book!”

- Karen B., Temecula, CA

- **Hand washing:** Practice good hand washing using natural soaps that contain NO antibacterial ingredients. Antibacterial ingredients have been implicated in helping bacteria become resistant. Natural soaps are just as effective at removing bacteria, and are less harsh on your skin.



To wash your hands, use warm soapy water for about 10-15 seconds with a good natural soap. Wash your hands well after touching any high-use public surfaces, such as public restroom surfaces, door and sink handles, waiting room books, keyboards and TV

remote controls. Remember to get under your nails and avoid touching your face or eating without first washing your hands or using a sanitizer. Remember that washing too much can dry your skin and cracked, dry skin is an easy way for bacteria to enter your body and cause infection (moderation is key).

- **Hand sanitizers:** Hand sanitizers are a good alternative to hand washing if you are on the go. Products that contain essential oils rather than alcohol are a more natural option. Just like hand washing, overuse of sanitizers can dry your hands and make you more prone to infections.
- **Disinfecting:** Disinfect high-touch surfaces in your home with a safe disinfectant that has a tested kill time for MRSA. I prefer silver-based disinfectants that contain non-toxic ingredients. If someone in the family has MRSA or Staph, segregate their laundry and personal care items.
- **Bleach precautions:** If you use bleach, be sure to make it up fresh each time (10% solution in water). Use bleach sparingly and always use with protective gloves and clothing and in a well-ventilated area.

“YOUR BOOK SAVED US”

“After I contacted MRSA being in the hospital, I gave it to my daughter and she gave it to my husband.

YOUR BOOK SAVED US...

MRSA has left our household thanks to all your advice... we are thrilled and hope it never ever returns...”

- Deedee., Illinois, USA

- **Bathing:** Consider using medicinal quality essential oils for bathing as a more skin-friendly sanitizing option. Essential oils such as lavender and tea tree mixed in with natural bath salts are two popular options that won't disrupt the healthy balance of beneficial bacteria living on and protecting your skin.
- **Airborne MRSA:** Studies show that air diffusing medicinal quality essential oils can dramatically reduce airborne bacteria. Some essential oils have been proven to greatly reduce Staph and other airborne bacteria when diffused into the air, such as tea tree and eucalyptus oil. You can diffuse essential oils into the air using a cold air diffuser. Diffusers that heat essential oils will decrease or eliminate the effectiveness of the oil, so only use a cold air model. Be aware that inferior essential oils contain chemicals that can be harmful to your health. It is best to diffuse at intervals of 15 minutes several times per day rather than continually. If you have cats, be very careful to keep them out of rooms diffusing essential oils as cats have a poor tolerance to the oils (but dogs are just fine).
- **Hospital visits:** If visiting the hospital or another healthcare facility, practice extra good hand washing and personal hygiene. Make sure any doctors or nurses that touch you wash or sanitize their hands first. Cover the TV remote control with a latex glove. Be careful applying makeup, eating or touching your face in such environments.
- **Public places:** When in the community or public places, sanitize your hands after touching high-touch objects, such as door knobs, shopping cart handles, gym equipment and keyboards. Avoid sharing towels, razors and other personal care items.
- **Immune support:** In the long run, one of the best things you can do is maintain and strengthen your immune system and use natural MRSA treatment options



“I cannot thank you enough.”

“I suffered a small infection on my leg, which turned out to be MRSA. Unknowingly, I passed this infection to my 5 months old baby.

I am just so glad that you wrote this book. I cannot thank you enough. I cannot imagine how many people's lives and spirit you have, are, and will be saving.

- Arisa, Indiana, USA

that support your immune system, not tear it down. Supplements such as probiotics help maintain the healthy balance of beneficial bacteria in your intestines that helps your body ward off infections. Eating more whole, natural foods and less processed foods is another good way to strengthen your immune system. Your ability to manage stress is another big factor that affects your immune system.

- **Preventative remedies:** If you are in a high-risk environment or are wanting preventatives on hand in case of infection, using remedies such as certain antibacterial essential oils and herbal products as a preventative can help your body fight off invading bacteria without the many negative and debilitating side effects of antibiotic drugs.

Your first step

I hope the methods I've just shared with you give you more confidence and reassurance that you don't have to live in fear of Staph and MRSA. Knowledge is power and you now have the power you need to take control of your home to better protect yourself and your family.

If you want all the help you can get to ward off MRSA and Staph, or to keep your infection from spreading, then get my complete program for controlling all types of Staph and MRSA at the webpage below:

www.staph-infection-resources.com/aro/mrsa-secrets-revealed.html

Are you afraid of getting infected with MRSA or Staph? Or are you afraid of spreading your infection to others?



Sometimes all it takes to prevent the spread of MRSA or Staph Infections is proper knowledge and a few simple steps. The formula I discovered that's been helping people treat MRSA since 2008 is valuable to any person who might be a carrier (knowingly or not).

The methods I discovered for Staph and MRSA have also helped prevent many other infections and diseases. What I offer is a smart formula that keeps you safer, healthier and overall less concerned about health risks.

Just read the testimonials to see for yourself. My 3 Step Success Formula has changed lives and I am extremely proud that I can say that:

<http://www.staph-infection-resources.com/mrsa-testimonials.html>

If you put your trust in me, I'll walk you through 3 Step Success Formula for becoming infection-free and worry-free so you TOO can feel better faster, protect your family, and avoid recurring infections or future spreading of this horrible bacteria.



Written by Microbiologist and Staph Researcher Michelle Moore, the book *MRSA Secrets Revealed* is an up-to-date resource on how to overcome Staph and MRSA. With extensive experience in both the Pharmaceutical Industry and the Natural Health arena, Michelle has created a balanced approach that has helped thousands of people in understanding and overcoming their infections.

Get your copy of this comprehensive program, available in printed or electronic format, by clicking on the blue link now:

www.staph-infection-resources.com/aro/mrsa-secrets-revealed.html

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If you are taking medications, you are advised to consult with healthcare providers knowledgeable in complementary medicine to determine which dietary supplements would be beneficial for your particular health needs and the dosages that would be best for you. We always recommend consulting with your health care providers before beginning any new treatment or program.