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**From:** [NaturalNews](#)

**To:** [rsbeauli@telusplanet.net](mailto:rsbeauli@telusplanet.net)

**Sent:** Saturday, November 05, 2011 11:00 PM

**Subject:** Half of all hospitals infected with superbugs - protect yourself with these tips

## NaturalNews Insider Alert ( [www.NaturalNews.com](http://www.NaturalNews.com) ) email newsletter

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Dear NaturalNews readers,

A startling new study reveals that half of all hospital rooms are **infected with superbugs**.

What does this mean for you if you have to go to the hospital? First, read our report on this:  
[http://www.naturalnews.com/034071\\_hospitals\\_superbugs.html](http://www.naturalnews.com/034071_hospitals_superbugs.html)

And then remember these four simple but powerful steps:

- 1) Wash your hands frequently, even if others tease you about it. (You can't be *too obsessive* about it when you're in a hospital!)
- 2) Insist that **medical staff** (including doctors) wash *their hands* before touching you. Superbugs are spread when doctors touch *other patients* and then touch you without washing their hands! (Superbugs also ride on doctors' ties and stethoscopes).
- 3) Consider ways to boost your immune function with sound nutrition such as **zinc**, probiotics, and natural upper respiratory defenses.
- 4) Personally, if I were in a hospital, I would insist on having a **Silver Lungs device** ([www.SilverLungs.com](http://www.SilverLungs.com)) as an emergency backup device in case of superbug infections. I now own one of these units and I'm convinced it can be a real lifesaver in the right circumstances. *Experimental medicine only*, however. Work with a naturopathic physician before using such a device, please. (This is not an ad. I have no ties to this company.)

Did you know the USDA is actually giving **huge dollars** to the GM salmon company to help GMO salmon get approved? Crazy:

[http://www.naturalnews.com/034068\\_AquaBounty\\_GM\\_salmon.html](http://www.naturalnews.com/034068_AquaBounty_GM_salmon.html)

The end of *Freedom of Information* may be near in the U.S. government -- the Dept. of Justice is now proposing new rules that will allow U.S. government officials to LIE in response to FOIA requests:

[http://www.naturalnews.com/034066\\_FOIA\\_Justice\\_Department.html](http://www.naturalnews.com/034066_FOIA_Justice_Department.html)

Did you know that **sulfur** is a critical nutrient for human health? Here's what you need to know:

[http://www.naturalnews.com/034065\\_sulfur\\_nutrient.html](http://www.naturalnews.com/034065_sulfur_nutrient.html)

... and that **B vitamins** and omega-3 fatty acids have been shown to help prevent **Alzheimer's** disease?

[http://www.naturalnews.com/034070\\_B\\_vitamins\\_omega-3\\_fatty\\_acids.html](http://www.naturalnews.com/034070_B_vitamins_omega-3_fatty_acids.html)

**P.S.** Check out this hilarious photo featuring Facebook founder **Mark Zuckerberg**: ([click here](#)). This is how the world *really* works...

More news continues below on **galvanic testing** for dental health, how to choose coffee **without mycotoxins**, and much more (see below)...

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## Today's Feature Stories:



### **[Half of all hospital rooms contaminated with deadly superbugs](#)**

(NaturalNews) Many people still assume that hospitals are generally clean, sanitized places where harmful pathogens would have a difficult time surviving. But a new study published in the American Journal of Infection Control says otherwise, having...



### **[B vitamins and omega fat ratio are critical to prevent Alzheimer's disease](#)**

(NaturalNews) Proper nutritional status, attained by consuming a healthy diet teamed with natural vitamins and minerals along with optimization of omega fat lipid ratios, can help to prevent cognitive decline associated with Alzheimer's disease (AD) pathology...

### **[Natural remedies help lymphedema](#)**

The condition known as lymphedema is caused by the accumulation of fluid in the body's interstitial tissues which surround the lymph glands. It occurs when lymph nodes are missing, removed or damaged - making it impossible for the lymphatic...



### **USDA gives half million in taxpayer dollars to AquaBounty to promote GM salmon**

(NaturalNews) Biotechnology company AquaBounty has had quite a bit of trouble getting quick regulatory approval for its genetically-modified (GM) salmon, called AquAdvantage, because the "frankenfish" is not always sterile as claimed and could spread...



### **Google spider technology now capable of cataloging, archiving comments made through Facebook**

(NaturalNews) The days of internet anonymity are waning as the veil of privacy that used to accompany making comments on articles and blogs is a thing of the past. TIME - Techland reports that Google has updated its "Googlebots" technology to track...



### **Justice Department seeks to pass rule allowing government officials to lie in response to FOIA requests**

(NaturalNews) A powerful tool that allows ordinary citizens to obtain crucial information from government archives, the US Department of State (DOA) Freedom of Information Act (FOIA) is under attack. The Daily Caller reports that the US Justice...



### **Sulfur is an important nutrient for optimal health**

(NaturalNews) Sulfur is a mineral that is present in every cell of the body. It plays a key role in liver metabolism and the function of the joint cartilage and keratin of the skin & hair. It is also critical for metabolism and anti-oxidant defense systems...



### **Galvanic testing prevents dental disasters (like this one)**

(NaturalNews) July 2, 2009 - our wedding day in beautiful Marin County, the San Francisco bay area. Hope and I are to be married in a few hours in a stunning redwood forest and then enjoy a drive along the coast to begin our honeymoon. In the present...



### **How to choose mycotoxin-free coffee**

(NaturalNews) Mycotoxins are dangerous substances that are often found in coffee. Despite this fact, coffee has been shown to improve health, help enhance performance, and keep your mind focused. So, how can you continue to drink coffee without ingesting...



### **Unplugging from The Man, Part V**

(NaturalNews) As we get deeper into Unplugging from the Man, we invariably come face-to-face with our addiction to petroleum. Sure, we like to sit around and do the "ain't it awful" with our peers, but we keep using gasoline. Classic addiction: I'll stop...

### **Use juniper essential oil as a hair and scalp tonic**

Juniper has been used in ancient Greece and Egypt to combat the spread of disease and was still being used by hospitals in France during the First World War. The warm, woody-

scented essential oil is extracted from juniper berries, as well...



**Man pleads guilty to illegally trafficking kidneys from Israel where they were later transplanted into American patients at prestigious US hospitals**

(NaturalNews) Levy Izhak Rosenbaum, an Israeli citizen living in Brooklyn, NY, has pleaded guilty to illegally purchasing kidneys from desperate Israelis, and trafficking them back to the US for transplant in patients at prestigious, but unnamed, American...