Actinomycetes and CIRS Overview

Along your journey with hope for healing and in your recovery from chronic inflammatory response syndrome, we're most likely going to ask you to check your skin for Actinomycetes.

Actinos is a nasty little form of bacteria. It loves grease. So sebum, which is the greasy substance that's on our face, our scalp, and our back, attracts actinomycetes.

It also causes gingivitis and it can lead to heart disease and Parkinson's disease. So this bacteria is a huge factor in chronic inflammatory response.

If you've joined our journey, we are going to test you with actino mycete or just assume you have it. So to do an Actinia skin test, you'll receive a little package and we like to these here in the office.

How the Actino Skin Test Works

We ask that you don't shower for at least 12 hours prior to the test or you come in greasy and dirty because that'll allow the bacteria to flourish. And we test behind the ears.

So there's a swab in this package. And we moisten the swab with a little bit of sterile saline. And then we rub the swabs behind your ears. Then we insert it into this tube and there's some foil.

We break the foil, we break off the swap, and we send this also to EnviroBiomics to determine if you're colonized with actinomycetes. If we've determined that you have actino mycete, you've got to decolonize your body.

You won't be able to completely get rid of it. It's part of life, but you can lower the colony count. And why is it so important? Actinomycetes is a huge cause of chronic inflammatory response syndrome.

Decolonizing with Defense Soap Products

That may be the only thing that is causing immune stimulation in your body. How do we get of of or how are we lower of the amount? So there's a soap and shower gel.

It's company called Defense Soap. They make a showergel and it comes in very large containers in addition to the small ones. A minute amount goes a very long way.

If you have a family of three to five, I'd suggest buying a gallon. it's going to last you a long, long time, but just use a dot, not a lot. The other thing I really like about it is it has a gentle Baby wash and shampoo and an adult can use this too They also have soaps and they also Have body wipes now There are concerns and we talk about this at hope for healing about endocrine disruptors that tea tree oil and lavender can sometimes cause inflammatory estrogens in boys or in girls.

But when you're talking about a bacteria that is on and in your body that's causing profound immune, neurologic, and endocrine dysregulation, using the defense products for three months during the protocol, that's okay, we have to weigh the pros with the cons.

So these soaps, body care products are excellent and I highly recommend them to decolonize from actinomycetes.