Dr. John Bergman

What is Tetanus?

This is what usually comes to mind when you think of tetanus:

…A rusty nail or rather the wound that you receive from some object outdoors.

Tetanus (aka Lockjaw) is a bacterial infection caused by Clostridium Tetani which produces a toxin that interferes with nerves that control muscle movement.

Cause

What most people don’t realize is that Tetanus is a disease of sick farm animals and the actual virus dies when exposed to oxygen. In order to actually get tetanus you have to be cut by something that an infected animal has urinated on and was buried underneath soil. If the thing that cut you or your wound is exposed to tetanus, the virus will die, but if you still somehow manage to pack your wound with dirt or close off oxygen to the wound, then you’ll actually be able to get the tetanus virus. Even then your immune system is perfectly capable of defending itself against tetanus. The fear created by the medical industry about tetanus is absolutely ridiculous which is why they’ve created a tetanus vaccine.

Solution

Since we know the solution definitely isn’t mass vaccination of the population, what are the other options. The first and most obvious option is to treat your wound properly by thoroughly cleaning it immediately. This is actually what the medical industry is best used for, however, most doctors will always recommend a tetanus vaccine or in the very least antibiotics which are both extremely damaging to the body. I would only recommend taking antibiotics in life threatening situations. With that in mind, if the wound isn’t serious enough to require stitches and you have everything necessary to properly clean a wound, I’d suggest completely avoiding the hospital.

If you believe you’ve been exposed to this bacteria or you’ve been diagnosed with tetanus, the best option is to strengthen your immune system as much as possible. One of the easiest ways to stimulate your immune system to fight an infection is to increase your body temperature with the use of hot packs or a hot shower. You can even apply a hot packs to the infected areas. Heat will speed up the immune system and kill the virus or bacteria that’s causing the infection. Make sure you drink plenty of water to hydrate your body and flush out the infection from your urinary system. It’s also important to include high dose vitamin C with bioflavonoids and vitamin D supplementation which will massively boost your immune system.

<https://www.thuisarts.nl/tetanus/ik-wil-tetanus-voorkomen>