

# Mother Nature's Gift

by Carolyn Swicegood  
Hollywood, Florida

**M**other Nature has provided an extraordinary substance from a surprising source to benefit her feathered creatures. An extract of a simple food item has proved to be effective in combating hundreds of pathogens that affect birds, including parasites, bacteria, virus, and fungi. This food-derived substance is used by a growing number of aviculturists, pet bird owners, and veterinarians. It is a natural, safe and non-toxic disinfectant and cleaner as well as a preventive against disease-causing pathogens. It also is used to disinfect food and water, to prevent mold growth on home-grown sprouts, to clean cages, aviaries, and homes – all without harming birds or the environment.

## From the Seed

Surprisingly, this powerful product is made from the lowly grapefruit seed! The antimicrobial properties of the extract of grapefruit seeds and pulp was discovered in 1972 by Jacob Harish, a physicist and immunologist, as a result of his curiosity about the bitterness of grapefruit seeds.

## University and Laboratory Tests

At the University of Georgia, tests were conducted to evaluate Grapefruit Seed Extract (GSE) as a disinfectant in tests against *E. coli*, *Salmonella* spp., and *Staph aureus*. According to Roger Wyatt, Ph.D., and Microbiologist for the university, "Our studies indicate excellent potential for these products (GSE). ...The toxicological that I have reviewed indicated that this product and the active ingredient poses very low toxicity. As you know this is important because most disinfectants that are currently used in either animal or human environments have moderate to high toxicity and extreme care must be exercised when these prod-

ucts are used...In view of the reports that we have discussed, the wide spectrum of activity that GSE offers (antiviral, antibacterial; Gram positive and Gram negative, antimycotic, and antiprotozoan) will undoubtedly aid in its acceptability."

Dr. Wyatt's findings have been confirmed by a variety of clinics and labs, as well as universities from around the world. GSE is non-toxic, environmentally safe, and quickly biodegradable. It causes no side effects and is often dramatically less expensive than existing treatments or chemicals for similar applications.

Some physicians have found that GSE is as effective against *candida*, a yeast infection, as Nystatin or other antifungal preparations. It is also effective against protozoans such as *giardia* or *entamoeba histolytica*. Researcher Dr. Leo Galland says that it is more effective than prescription medicines such as metronidazole against these protozoal parasites. There is considerable research to support the claims of GSE's efficacy as a natural antibiotic, anti-fungal, anti-protozoan, anti-viral and antiseptic disinfectant. As a germicide, GSE has multiple uses and it is non-toxic and non-irritating when diluted as directed.

Bio Research Laboratories of Redmond, Washington, USA, tested

GSE, a commercial chlorine bleach, and colloidal silver against *Candida albicans*, *Staphylococcus aureus*, *Salmonella typhi*, *Streptococcus faecium*, and *E. coli*. GSE proved superior and the test report concluded:

"All microorganisms tested were inhibited with moderate levels of GSE liquid disinfectant. High levels of chlorine bleach inhibited the test organisms, but moderate levels were not effective. Because the GSE liquid was inhibitory at much lower levels, it may be assumed that it is ten to one hundred times more effective than chlorine against the organisms used in this study. On average, GSE proved to be ten times more effective than the colloidal silver."

GSE is compatible with most antibiotics. It does not produce the negative side effects associated with antibiotic use. Proponents of GSE claim that it does not attack normal gastrointestinal bacteria as antibiotics do. To ensure that this is not a problem, I would use a probiotic after treating with therapeutic dosages of GSE. Even if it is unnecessary, it will do no harm. GSE rarely causes allergic or toxic reactions. Aspirin is said to be 25 times more toxic than GSE.

According to The Journal of Orthomolecular Medicine, Volume 5, No. 3, USA, 1990, an international research team examined the effect of GSE on 770 strains of bacteria and 93 strains of fungus and compared this with 30 effective antibiotics and 18 proven fungicides. GSE was found to perform as well as any and all of the tested agents.

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*A non-toxic, environmentally safe, quickly bio-degradable extract of grapefruit seeds and pulp provides a natural aid to combat harmful pathogens.*

### GSE Uses and Dosages

- To disinfect surfaces in the aviary and nursery such as brooders, incubators, cages, perches, and carriers, make an all purpose cleaner by adding 30 to 60 drops of GSE to a 32-ounce pump spray bottle filled with water. Mix well and spray.
- To disinfect wood surfaces, apply a few drops of GSE to the cleaned wood while still wet. Let stand for half an hour and rinse.
- To clean formula from baby parrots' faces and feathers after syringe feedings, add a few drops of GSE to a bowl of warm water to wet the cleaning cloth. It kills bacteria and gets the skin and feathers squeaky clean.
- To sterilize syringes, pipettes, spoons, and other handfeeding utensils, make a solution of 15 to 30 drops of GSE per pint of water. Soak between feedings and rinse before using.
- To make your own antibacterial soap for the nursery and kitchen, add 10 to 15 drops of GSE to an eight-ounce pump handsoap dispenser.
- To make a disinfectant soak for produce, add 10 to 15 drops of GSE per gallon of water and submerge the fruits and vegetables for 15 to 30 seconds.
- To make a disinfectant spray for produce, add 20 or more drops to a quart spray bottle and spray on fruits and vegetables.
- To prevent the growth of algae and mold in incubators and humidifiers, add three or four drops of GSE per gallon to the water reservoir.
- To clean and disinfect cutting boards, apply 10 to 20 drops of GSE to the cutting board. Rub it into the board with a wet sponge or cloth. Leave the GSE on for at least 30 minutes and rinse.
- To purify water, add 10 drops of GSE per gallon of water and stir vigorously. It is more effective than iodine.
- To treat skin fungi, parasites, or bacterial diseases of the skin of birds and other pets, mix 30 to 50 drops of GSE per quart of water and spray on the infected area.

- To prevent the growth of pathogens and to kill existing parasites, such as *giardia* from well water, in the drinking water of parrots, use one drop of NutriBiotic GSE in an eight-ounce water cup. There are claims that GSE has cured a number of parrots with stubborn cases of *giardia*.

- To boost the cleaning power of dishwasher detergent for bird dishes, add 15 to 30 drops of GSE to the dishwasher along with detergent.

- To disinfect towels and cloths used for baby parrots, add 30 to 50 drops to the wash cycle, or as little as 10 to 15 drops of GSE added to the final rinse ensures that the linen is fungi and bacteria free.

- To disinfect carpet in bird rooms, add ten to fifteen drops of GSE per gallon of water to the reservoir.

Birds cannot tell us their symptoms and since GSE is such a broad-spectrum treatment, it is quickly becoming the first-line of defense for many pet owners, breeders, and veterinarians. Birds can safely be given GSE every day as a preventive or remedy.

It is non-toxic, biodegradable, economical, with no harmful side-effects. Grapefruit seed extract is available in health food stores. GSE has been proven in laboratory tests to be 10 to 100 times more effective as a disinfectant than chlorine, colloidal silver, and iodine.

I do not sell Grapefruit Seed Extract but as you have read, I definitely am "sold on it" for birdkeeping.

Citricidal® liquid concentrate is triple the potency of NutriBiotic® GSE liquid. For online information about GSE or Citricidal, visit:

**[www.nutriteam.com](http://www.nutriteam.com)**

The next WingTips article will explore the use of *Aloe vera* for bird care.

There has never been a report from any source stating that GSE has ever harmed any living thing. 