

“Anti-Biotics and Your Health”

The War in Your Immune System!

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Dr. Cathy's Corner

Your Immune system is designed to protect you from any invasion, whether it is bacterial, viral, environmental, or emotional as in the build up of stress. The immune system is one of the most powerful functioning systems in your body, always adapting and developing itself to protect you every second of your life. Immunity in our bodies is stimulated at birth and continues to develop throughout our entire lifetime. In most cases it is considered well developed by early adulthood, *IF* we have lived in harmony with nature, meaning being exposed to life. A child exposed to a natural environment is most likely to receive the input needed to develop a healthy immune system.

Throughout the years of investigation there have been many theories on what makes our immune system work. The consensus today through research and evidence based results is: our immune system will adapt to the environment we live in and when exposed, it will respond in the way it was designed, developing antibodies (strong defense systems) to protect you from the next exposure. Each exposure may be different, however, your immune system is so smart it can recognize many different bacteria, viruses etc. in a broad spectrum way to enable it to develop complete immunity from these substances.

When we promote early exposure of children to pets and pet dander to support the development of immune function for allergies and infection, this is one of the best ways to build an immature immune system. Also, when we are expressing symptoms of illness and we let it run its course, this is imperative as it is how the immune system develops. We don't need to use methods to stop the process or we interfere with our developing immunity. In most cases we don't have to take antibiotics at all, unless it is a very serious event of course, and then they can do the proper work for us.

Since the turn of the century antibiotic use has been prescribed (once called the wonder drug) for any kind of symptoms including colds and flu's for which they only have a secondary effect at best. Overuse of prescription antibiotics has resulted in the evidence based effects of the Super Viruses and Bacteria that have grown immune to prescription antibiotics.

What is an anti-biotic?

An antibiotic is an antimicrobial substance produced synthetically or from a microorganism that attempts to arrest or limit the growth of disease producing bacteria. The term *biotic* pertains to life. Ironically, pharmaceutical antibiotics [**anti (against) biotic (life)**] lower immunity and therefore weaken your life force as they attempt to kill harmful bacteria. Unfortunately, antibiotics kill beneficial as well as harmful bacteria.

The more you use pharmaceutical antibiotics, the more bacteria become resistant to them. Bacteria are resistant because they have genes coded for antibiotic resistance. Like other creatures, bacteria live by the law of survival of the fittest. Bacteria continue to evolve toward a stronger strain to fight against the myriad types of antibiotics. This is the way of nature. Humans also have this genetic coding and when we understand this about ourselves we are able to do the same.

Antibiotics lower the immune system and destroy essential intestinal flora. Without intestinal flora to suppress fungus, the fungus begins to grow within the body. Even though the antibiotic may kill the bacteria, it supports detrimental *Candida albicans* yeast / fungal overgrowth that is linked to numerous ailments such as ear infections, itchy skin, intestinal gas, bloated abdomen, rash, furry tongue, migraine headaches, fibromyalgia, etc.

Do you take antibiotics?

Anyone who isn't taking antibiotics would say no to this question, however you may need to consider your history of use. If you have used antibiotics in the past, as little as 5 -10 individual occurrences over the past 20-25 years, your gut can be compromised. Science says 70% of our immunity is in the gut in the balance of these natural bacteria. Also we must consider today the antibiotic use in our foods as outlined below:

If you consume *non-organic* meat, eggs or dairy products, most likely you are overindulging in antibiotics. Why? Most of the creatures that provide these products routinely receive antibiotics in one form or another because of their poor health. The antibiotics then pass into the human food supply. For example, most chickens raised for food must live in unsanitary conditions that invite various infections in these birds, so they are fed antibiotics daily before slaughter.

Other than from chickens, penicillin commonly finds its way into your body through the consumption of dairy products and beef. Cows receive this antibiotic in their feed to prevent *mastitis*, an inflammatory disease, and other illnesses. Antibiotics injected into cows and other animals raised for food become a part of your meal. You may be taking daily doses of antibiotics whether or not you use prescription antibiotics from your pharmacy.

Another source to consider is our water supply. Public water sanitation stations are not equipped to filter antibiotics and other medicines being sent into the water supply as a by-product of peoples' metabolism in your community. Public water supplied systems can be laden with resistant microbes and other residual chemicals. This information is publicly available.

So what to do? Understanding helps here. We have been educated in many cases to seek medical care and treatment too often when not necessary. Some symptoms can be so strong as to send us to bed for several days, however, if we do what nature demands and comply by resting, calming ourselves (this too supports normal immune function), getting plenty of fluids, not eating hard to digest foods for a period of time sufficient to allow the body and its ever wise immune system to do the very job it was designed for, we will develop *true immunity* and not the "passive" type; which is temporary along with the negative side effects of destroying our own immune systems in the process.

Your Choices Determine Your Health

How you choose to care for your life extends to the choices you make for your health. When chemical substances are isolated as with pharmaceutical antibiotics, adverse reactions may develop due to a disruption of the body's natural processes. Pharmaceutical antibiotics are known to lower immunity and therefore weaken your life force.

Probiotic formulations -- life enhancing formulations -- boost immunity by nourishing the cells, organs, and various other life giving aspects of your body. These natural formulations work with the body during the healing process without adverse side-effects. Furthermore, they aim not only at the susceptible bacteria, but also at viruses and fungi.

Nature works with nature. Human beings are natural entities. Understanding and implementing natural methods of self-care greatly improves your health. Knowledge gives us the ability to adapt in life without doubt that we are taking the right action to assist ourselves. Knowing that *Health is Normal* must take precedence in our thinking to assist us in following through in our actions. Dis-ease is not normal but is the sign of a healthy nervous responding to its environment to overcome a problem. Pain and dysfunction are friendly reminders that we need a new environment on some level. When you know health is normal then we are able to start with a premise of a health image for our physical, mental and emotional health. How powerful would it be if we knew that any imbalance is a signal for our education and to assist us, as opposed to feeling that we are not safe and must protect ourselves from a hostile environment we call our life!

Probiotics: Nature's Way of Caring for the Body

In nature, specific plants exist that can be used with all of their naturally occurring elements intact (rather than isolated as with drugs) to boost immunity, and to fight bacteria, viruses and fungi without the adverse side effects of the pharmaceutical antibiotics.

Other than antibacterial, antiviral, and antifungal properties, some botanicals that act as a probiotic [**pro** (for) **biotic** (life)] also interrupt the process of platelet aggregation (the clumping of platelets in the blood that may cause strokes and various heart conditions). Furthermore, certain plant constituents can demobilize and break down the spikes of viruses that bore through healthy cells and leave the host prey to infection and disease.

I recommend probiotics to everyone today as it is necessary to boost the human soil organisms in our gut if we are to adapt to our environment. I stock only the best supplements for patients and research each product for care, quality and excellence. This month check out our Supplement Specials! If you are not presently taking probiotics, please feel free to consult with me so that we can provide what you need.