Investigating Antibiotics

Over one hundred years ago, a scientist named Louis Pasteur theorized that germs were the major culprits in the onset of disease. This "germ theory" stated that germs invade the body from the outside and produce disease, and it is this theory that has been at the forefront of traditional medicine for the past century. The medical establishment's focus has been to destroy all disease causing germs, and their greatest weapons in the war against germs have been antibiotics.

According to the U.S. Centers for Disease Control, the rate of antibiotic use in the United States have reached staggering proportions with 150 million prescriptions given out each year. Antibiotics only kill bacteria and have no effect on viral related illnesses like the common cold and upper respiratory tract infections. In light of this fact, it has been estimated that 33% of those 150 million prescriptions were given out in error for viral related conditions for which antibiotics have no effect. The overuse and abuse of antibiotics does not end with medical doctor prescriptions. In an article found in Scientific American (March 1998) it has been estimated that 25 million pounds of antibiotics are used in livestock feed every year. It is this onslaught of antibiotic exposure that has created an even more dangerous situation, bacterial resistance.

The one thing that the conventional medical establishment did not account for is that bacteria have the ability to evolve, just like humans. It is known that the antibiotics introduced in the 1950's have little to no effect on the bacteria of today. As a matter of fact, cases of antibiotic resistant bacteria were first documented in the 1950's, but fears of unconquerable bacteria were drowned in a steady stream of new, more powerful antibiotics. It now appears that resistant bacteria are outpacing science. It has been estimated that 90% of Staphylococcus bacteria (which cause blood poisoning, wound infections, and pneumonia) are resistant to penicillin and other similar drugs, and an increasing number are evolving resistance to vancomycin, considered the most potent antibiotic. This once easily managed bacteria has evolved into a potentially deadly form due to adaptations it has made through antibiotic resistance. The simple fact of the matter is that these bacteria have been around long before mankind came along, and will still be standing when the human race is extinct. By trying to destroy bacteria, we have only accomplished wiping out the weakest strains, leaving only the strongest ones behind. And with continued antibiotic use, these strains will only grow stronger and stronger. Ironically, traditional medicine, with the best of intentions, is possibly contributing to the formation of a bacterial strand that will end human life on this planet.

Antibiotic use has other ill effects that your medical doctor will not tell you about. By taking an antibiotic, you are not giving your own natural immunity a chance to overcome relatively benign bacterial infections. This scenario sets up a situation of immune deficiency, which just so happens to be the scourge of the antibiotic/vaccination generations. By not giving your own immune system a chance to fight these infections, how do you expect it to grow and develop. It has been well documented that children who receive antibiotics for inner ear or strep throat infections will have a much higher rate of reoccurrence. Children who do not take antibiotics might experience symptoms for a longer period while infected, but once the body is allowed to fight the infection naturally, the reoccurrence rate is far less than children who take antibiotics.

Another key issue in the examination of antibiotic use is that not only can they kill the bacteria believed to be causing a particular disease, they also kill the good bacteria that reside in our intestinal tract. This good bacteria

is responsible for keeping the intestinal ecology balanced and plays a major role in the digestion and absorption of foods, as well as being responsible for keeping bad bacteria, fungus, yeast and parasites in check. This good bacteria or probiotics, namely lactobacillus acidophilus and bifidobacteria, are often inadvertently wiped out when certain antibiotics are taken. This will lead to malabsorption problems as well as other widespread problems such as yeast infections, chronic fatigue, leaky gut syndrome, irritable bowel, and general dysbiosis.

What we have to do is stop focusing on killing the bacteria and start focusing on strengthening the body's ability to handle the bacteria on it’s own. In spite of their own outdated belief system, even the American Medical Association has made a plea asking doctors to stop writing prescriptions for antibiotics. It is the new alternative medicine providers that have the answer in the war against disease. Using natural means such as proper nutrition, physical fitness and mental awareness, these providers empower the body and work to strengthen our innate healing qualities. The germ theory is dead. It is not the actual germ that causes the disease but the body's susceptibility to that germ and it's ability to fight it.