

EXPERTS NOW SAY YOU SHOULD NOT FINISH YOUR ANTIBIOTICS COURSE

July 27, 2017 Med Expo



ANTIBIOTICS ARE MORE OF A PROBLEM THAN SOLUTION IN HEALTH CARE

British disease experts on Thursday suggested doing away with the "incorrect" advice to always finish a course of antibiotics, saying the approach was fueling the spread of drug resistance. Rather than stopping antibiotics too early, the cause of resistance was "unnecessary" drug use, a team wrote in The *BMJ* medical journal.

The additional damage to bowel flora and metabolism also means that using unneeded antibiotics is a bad idea.

"We encourage policy makers, educators and doctors to stop advocating 'complete the course' when communicating with the public," wrote the team, led by infectious diseases expert Martin Llewelyn of the Brighton and Sussex Medical School.

"Further, they should publicly and actively state that this was not evidence-based and is incorrect."

The team said further research is needed to work out the best alternative guidelines, but "patients might be best advised to stop treatment when they feel better."

The UN's World Health Organization says that if treatment is stopped early, there is a risk that antibiotics would not have killed all the disease-causing bacteria, which can mutate and become resistant to the treatment.

It advises patients to "take the full prescription" given by their doctor.

The US Food and Drug Administration, too, advises taking "the full course of the drug".

But the new paper, which analysed established links between treatment duration and effectiveness, and drug resistance, said there was no evidence for the idea that shorter treatment is inferior, or will trigger antibiotic resistance.

"When a patient takes antibiotics for any reason, antibiotic sensitive species and strains among (microorganisms) on their skin or gut or in the environment are replaced by resistant species and strains ready to cause infection in the future," the team explained.

The longer the antibiotic exposure, the bigger the foothold resistant species will gain. These resistant strains can be transmitted directly between people who have no symptoms of illness. Yet the idea of completing an antibiotics course is "deeply embedded" in both doctors and patients, said the team.

Experts not involved in the analysis welcomed its conclusions.

Prescriptions 'need to change'

In comments via the Science Media Centre in London, Peter Openshaw, president of the British Society for Immunology, agreed that shortening antibiotics courses may help tackle the resistance problem.

"It could be that antibiotics should be used only to reduce the bacterial burden to a level that can be coped with by the person's own immune system," he said.

There are, however, cases which call for extended treatment courses—when a patient has a compromised immune system, for example, or if the bacteria is a slow-growing kind or can lie dormant before striking, such as tuberculosis.

"It is very clear that prescribing practices do need to change," added Mark Woolhouse, a professor of epidemiology at the University of Edinburgh.

"Current volumes of antibiotic usage are too high to be sustainable."

[Explore further: It's false to believe that antibiotic resistance is only a problem in hospitals – GP surgeries are seeing it too](#)

[Antibiotics severely disable the immune system](#)

The immune system, when working at maximum efficiency, is a miracle of nature, with the ability to prevent and heal virtually any disease, including cancer.

What doctors call "diseases" are now known to be the experiential externalized symptoms of a condition arising from a compromised, ineffective immune system. All modern medicine ever attempts to do is mask the experiential symptoms of a disease without ever holistically healing the origin of the condition itself, and thereby without healing the disease, often causing even more harm to the patient through chemical medicines and invasive surgical procedures.

In most people today, the immune system is often already highly compromised through a poor

diet and lifestyle, environmental toxins and other factors, including medicines.

The [immune system](#) is highly complex, at least 80% being located in the digestive system and regulated by the "gut flora," microbes, that live there in vast numbers. At least 15% of the weight of the entire body can be attributed to trillions of [microbes](#) and other organisms, living mostly in the digestive tract.

The ratio of "good" or "beneficial" microbes to "bad" or "pathogenic" microbes is absolutely critical to the efficient functioning of the immune system, being broadly 85% "good microbes" to 15% "bad microbes" in the gut. In most people, due to the previously mentioned factors, this ratio is severely skewed in favor of bad microbes, which in turn has the effect of seriously weakening the immune system.

This imbalance in the ratio of good to bad microbes is known as "dysbiosis."

When [antibiotics](#) are consumed, not only are the "bad microbes" killed off, so too are the good microbes, leaving the gut almost completely depleted of beneficial, immune response-regulating gut flora, and consequently a seriously compromised immune system as a whole.

Taking antibiotics is therefore bad for health, because it effectively destroys the very [natural](#) bodily mechanism that protects us against all disease in the first place - the immune system - which may never fully recover by itself.

Repairing and maintaining a healthy immune system through diet

Natural is always best, and in the context of the immune system, this means through a natural, healthy, effective, gut flora-friendly diet.

By far, the best foods and drinks to maintain a [healthy gut flora](#) balance, and therefore immune system, are foods containing "probiotics," which, as the name suggests, are "pro" "good microbes" in the gut.

Just one cup of probiotic food every day is extremely healthy in many ways, especially for the immune system and therefore as a safeguard against disease.

There are many examples of probiotic foods and drinks, including all fermented fruits and vegetables, kombucha tea and coconut kefir - and many others. These are all extremely healthy for maintaining the immune system and good health this winter, so that visit to the doctor never becomes necessary in the first place.

Antibiotics Found to Cause Immune System Damage And Reduce Brain Cell Growth

When good drugs go bad.

DAVID NIELD

26 MAY 2016

Two new international studies have shed further light on some of the harmful side effects associated with antibiotics – including damage to the immune system, and memory problems caused by a lack of growth in new brain cells.

The findings serve as a reminder that while antibiotics can be powerful allies for the human body in the fight against disease, they can also [do more harm than good](#) if used in the wrong situations (one of many reasons you should always follow the advice of your doctor).

Both studies found that the way antibiotics kill off microbes in the gut can cause health issues, due to the way the delicate chemical mixes in our bodies [can be thrown out of balance by the medication](#).

The [first study](#), led by researchers from the Memorial Sloan Kettering Cancer Centre in New York, involved 857 patients receiving hematopoietic stem cell transplants – a treatment typically used to tackle blood and bone marrow cancers. Antibiotics are usually given in these cases to prevent or treat infections linked to the transplants, but the researchers found that patient health varied depending on the types of antibiotics used.

They tested 12 of the most common types of antibiotics, finding that two combinations in particular – piperacillin and tazobactam, and imipenem and cilastatin – led to a higher risk of a life-threatening inflammatory condition called [graft-versus-host disease](#) (GVHD).

The hypothesis is that the 'mass exodus' these particular antibiotics caused in the patients' gut microbiomes harmed the body's immune system in some way. Similar results were observed when the researchers tried the same tests on mice.

The [second study](#), led by a team from the Max-Delbrueck-Centre for Molecular Medicine in Germany, investigated the effects of broad-spectrum antibiotics – those that kill off many different types of microbes – on mice. They noticed a slowdown in brain cell development in the hippocampus, which is the part of the brain responsible for memory and controlling the nervous system.

These mice performed poorly on memory tests, and were also found to have fewer monocytes (white blood cells that fight off viruses) in their bodies. When the course of antibiotics was stopped, the mouse brains were able to rebound to their former state, [according to the researchers](#).

Scientists involved in both studies have emphasised that there's more work to be done, and further tests to be run before we understand exactly what this means for the way we use these antibiotics in the future. For the time being, though, it's a good reminder that these drugs should always be carefully used – [and not overused in any circumstances](#).

REFERENCES

<https://youtu.be/ZXF3vjuoykw> An AntiBiotic Story

<http://medicalexposedownloads.com/PDF/Antibiotics%20are%20found%20to%20Start%20Bowel%20Cancer.pdf>

<http://medicalexposedownloads.com/PDF/Genetically%20Modifying%20Humans%20Via%20Antibiotics.pdf>

<http://www.downloads.imune.net/medicalbooks/Children%20on%20more%20antibiotics%20gain%20weight%20faster%20than%20others.pdf>

<http://www.downloads.imune.net/medicalbooks/Antibiotics%20cause%20mutant%20super%20bugs%20costs%20billions.pdf>

<http://medicalexposedownloads.com/PDF/Antibiotic%20Disruption%20of%20Bowel%20Flora,%20Antibiotics%20as%20a%20co-factor%20in%20AIDS.pdf>

<http://www.downloads.imune.net/medicalbooks/Gonorrhea%20may%20soon%20become%20resistant%20to%20all%20antibiotics%20and%20untreatable.pdf>

https://youtu.be/Adc_91kOYdw Natural Medicines offer a way to treat antibiotic resistant infections but the research is buried



Medical EXPOSE

<http://www.medicalexpose.com/>