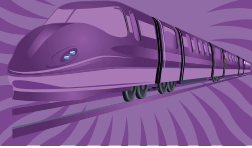


The Wellness Express™



Jump on the train to good health

Issue 2, February 2014

Do Antibiotics Make You Well ... or Sick?

Presented by: Erin Mills Optimum Health

Introduction

In the 1940's with the discovery of penicillin we had what seemed to be a miracle drug. The creation of stronger antibiotic families and the overuse of these medications have unfortunately become associated with a host of health care concerns.

Most of us think of antibiotic side effects first. Some studies estimate up to 47% of all drug allergies are due to antibiotics. More startling than this, however is **antibiotic resistance**. While antibiotics are sometimes necessary, their overuse has resulted in the American Medical Association issuing a statement that *"Due to improper use and abuse of antibiotics, strains of bacteria that infect the human body have become resistant to antibiotics."*



Antibiotic-Resistant Bacteria

The overuse of antibiotics in humans

and the animals we consume has enabled the creation of bacterial super strains that are resistant to antibiotics. Antibiotic resistance is now the most common concern associated with antibiotic use. At least 2 million people a year are infected by bacterial super strains with approximately 23,000 people dying annually due to them. (This number doesn't include deaths from conditions complicated by this type of infection.)

Candidiasis and Hormonal Imbalance:

While women commonly develop yeast infections as an outcome of taking antibiotics, most people don't realize that Candida (yeast) can occur *anywhere* in a human body after antibiotics, producing a variety of toxins and symptoms.

Leaky Gut:

A common antibiotic-related issue is intestinal hyperpermeability, or "leaky gut" which occurs when small food molecules leak from gut to bloodstream causing the immune system to become sensitized to the food. If good bacteria are not restored to the GI tract, chronic leaky gut will create inflammation of many different body tissues causing a variety of complaints. Leaky gut may be involved with Crohn's disease, celiac sprue disease, chronic fatigue syndrome, fibromyalgia, systemic yeast (chronic candidiasis) and food

Exercise of the Week

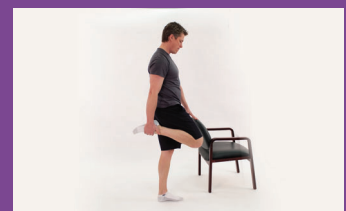
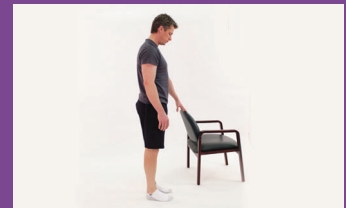
Standing Quadriceps Stretch

Difficulty: Easy

(Consult your chiropractor before doing this or any other exercise.)

Start: Standing beside a chair.

Exercise: Reach for one foot, and hold it behind you. Keeping knees close together bring foot up toward buttocks until you feel a light pull along front of thigh. Hold for 30-60 seconds. Switch sides, and repeat 2X per side.



Presented by: Erin Mills Optimum Health

3105 Glen Erin Drive, Suite 5, Mississauga ON L5L 1J3

PH: 905.828-2014 www.erinmillshealth.com

allergies. *While many physicians recognize the link between antibiotic and unbalanced intestinal flora, they may not always recognize that sugared yogurt from the grocery store to obtain your "probiotics" is not a good solution fix to this issue.*

Breast Cancer Risk:

A study of women with breast cancer found that women who took antibiotics for more than 500 days (or had more than 25 prescriptions) over an average period of 17 years had twice the risk of breast cancer as women who had taken no antibiotics. The risk was smaller for women who took fewer antibiotics, but even women who had between 1 and 25 prescriptions over 17 years had an increased risk of breast cancer.

Cardiac Damage:

Another side effect of antibiotic is heart related. In March of 2013 the FDA issued a warning that azithromycin (Zithromax or Zmax) can cause changes in the electrical activity of the heart that may lead to a potentially fatal irregular heart rhythm.

Anemia:

Patients on certain antibiotics may develop hemolytic anemia (abnormal breakdown of red blood cells).

Rashes:

Rashes are common and are highly variable conditions. Any antibiotic has potential to cause a rash. Serious drug reactions include facial swelling, hives, blisters, fever or lymph node swelling.

Neurotoxicity:

Occasionally, prolonged use of antibiotics can cause nervous system issues such as seizures, hallucinations and twitching.

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Musculoskeletal Toxicity:

Severe joint and muscle pain can be caused by some antibiotics. *(Tell your chiropractor if you are taking an antibiotic but are feeling sorer!)*

Diarrhea and Colitis:

Treatment with antibiotics *kills beneficial bacteria* along with the bacteria responsible for illness potentially allowing other harmful bacteria or yeast to take hold resulting in side effects such as diarrhea, cramping and colitis.

Be **very conservative** about taking antibiotics. They should only be used with a confirmed, non-resolving bacterial infection. Generally in a healthy individual even bacterial infections should resolve with symptoms improving in 5 to 7 days



Quote to Inspire

"Nothing can bring you peace but yourself"

Ralph Waldo Emerson

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Writer: Jenny Crosby, DC
Design: Elena Zhukova
Graphics: Maria Camille Almirañez
Production: Mike Talarico