

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 432nd Newsletter, I want to give us a chance to consider Antibiotics, and the effects they have on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

**FIND OUT THE TRUTH ABOUT ANTIBIOTICS, the DANGERS of Antibiotic RESISTANCE AND NATURAL ANTIBIOTICS and SOLUTIONS TO PREVENT and HEAL conditions that you may have thought needed ANTIBIOTICS!!!**

Very few of us have not had a round of antibiotics in our life. Some of us experience round after round in order to take care of some "hard to get rid of" infection. Those of us with children may find themselves leaning on antibiotics more than they would like as schools are in session and seasons change. This newsletter is not to be missed! Please read it completely so you can learn the truth about antibiotics. It may save your life or the life of someone you love!

We will, in this newsletter, tell you about the dangers of antibiotics and the reality of antibiotic resistance and present you with very powerful natural solutions to the types of health conditions that you normally think only antibiotics can heal. YES ... there are completely natural solutions and you knowing about them will make an enormous difference in your wellness. You and the future of those you love can be completely altered with what we have included in this Newsletter. Please read on!!

Antibiotics are medications known as antibacterial. These medications function to destroy or slow down the growth of common bacteria, so they are often used to treat any issue caused by or linked to a specific type of bacteria.

The major problem with antibiotics, however, is that they cause a myriad of additional symptoms and side effects. While side effects vary by individual, a number of symptoms of antibiotic toxicity are common. Diarrhea, feeling sick, fungal infections in the mouth, infections of the digestive tract and/or vagina, kidney stones, abnormal blood clotting, sun sensitivity, blood disorders, and even deafness are potential effects of antibiotics.

Over the last several decades, over-use of antibiotics has reached an all-time high. The result has been drug-resistant bacteria and "superbugs" that evolve faster than scientists can create how to fight them. Double that with the fact that new antibiotics are not being created because there is not a big enough profit in them for the drug companies (shocking considering how much they charge for antibiotics, right?). A future where bac-

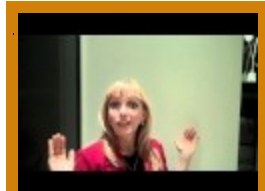


CAROLINA ARAMBURO

teria are at the top of the food chain is not unheard of.

Antibiotic overuse has created a vicious cycle. If you take antibiotics, you can develop drug resistance that lasts up to a year. The more antibiotics are prescribed for coughs and flu-like illnesses and the more antibiotics are fed to livestock, the more bacteria become resistant in an endless cycle. And in most utilized cases that antibiotics are used for, which is human upper respiratory infections, antibiotics are of no use in the first place because the infections are most often fungal in origin—not bacterial.

Antibiotic resistance is a quickly growing, extremely dangerous problem and is one of the greatest threats to global public health today. World health leaders have described antibiotic resistant bacteria as "nightmare bacteria" that "pose a catastrophic threat" to people in every country in (Cont. on next page)



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the world. Each year in the United States, at least **2 million people** become infected with bacteria that are resistant to antibiotics, and at least 23,000 people die each year as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection. Unfortunately, instead of getting better, the problem is **worsening** to the point that the World Health Organization (WHO) has stated we are facing a "post-antibiotic era".

Anyone can become infected with **antibiotic-resistant bacteria** anywhere and anytime. Most infections occur in the community, like skin infections with MRSA and sexually transmitted diseases. However, most **deaths** related to antibiotic resistance occur from drug-resistant infections picked up in healthcare settings, such as hospitals and nursing homes. Environmentally, antibiotic resistance spreads as bacteria themselves move from place to place; bacteria **can travel** via air, water and wind.

Surprisingly, an estimated **80+ percent** of total antibiotic sales in the US end up in livestock. Nearly 25 million pounds of antibiotics are administered to **livestock** in the US every year for purposes *other than treating disease*, such as making the animals grow bigger faster.

**Agricultural** antibiotics also contaminate the environment when they run off into lakes, rivers, aquifers, and drinking water, further increasing the risk of drug-resistant bacteria. According to the US Centers for Disease Control and Prevention (CDC), **22 percent** of antibiotic-resistant illness in humans is in fact linked to food. We are consuming antibiotics without even knowing it daily.

Researchers recently discovered that **DNA** from antibiotic-resistant bacteria found globally, including American cattle yards are also air-borne. They're literally blowing in the wind, and this is yet another route of exposure for animals and humans alike. You can be **exposed** to DNA from antibiotic-resistant bacteria via water and contaminated meat, and depending on where you live, simply **breathing** could be a route of exposure.

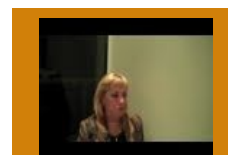
Interestingly, this study also discovered that **metals** added to feed as growth promoters contribute to antibiotic resistance as well. And, as if all of this wasn't enough, there's the issue of drug companies dumping antibiotics directly into **wastewater** also, which is routinely done by some manufacturing facilities in India and China. Aside from direct ingestion, this contaminated wastewater also finds its way onto crop via **irrigation** and sludge (biosolids) used as fertilizer. Chlorine, which is used in wastewater treatment, may *also* exacerbate the situation.

There are many things that antibiotics are being **prescribed** for that they should not even be used for. Not only that, the general public, trained to think that antibiotics are the solution, will walk in and even demand antibiotics to get rid of a condition "**quickly**". Here is a list of conditions that Antibiotics should **NOT ever be used** for:

- Ear infection
- Strep throat
- Flu
- Bee Stings
- Common cold
- Upper respiratory infections associated with the common cold
- Urinary tract infection
- Preventive medicine **during or after birth** in hospital (Using antibiotics as preventive medicine

is totally ridiculous because you have no way knowing what strain of bacteria you are trying to prevent and therefore have no idea what medication to use, since all antibiotics target different strains.)

Antibiotics have **side effects**.  
(Cont. on next page)



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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Some of the more common side effects may include soft stools or diarrhea and a mild upset stomach. This alone should be a clue that the antibiotics are interfering with your **digestion system**. Above those side effects if any of these more serious side effects show up then you need to notify your healthcare provider immediately:

- Vomiting
- Severe watery diarrhea and abdominal cramps
- Allergic reaction (shortness of breath, hives, swelling of lips, face, or tongue, fainting)
- Rash
- Vaginal itching or discharge
- White patches on the tongue

In addition to the side effects many people have **allergic reactions** to antibiotics. Allergic reactions to antibiotics also commonly have the following symptoms:

- Shortness of breath
- Rash
- Hives
- Itching
- Swelling of the lips, face, or tongue
- Fainting
- Antibiotics may also have interactions with other prescription and nonprescription medications.
- Be sure a doctor and pharmacist know about all the other medications a person is taking while on antibiotics.

All of this is just the tip of the iceberg. The **misuse** of antibiotics goes much deeper and most people innocently keep taking them for conditions that they either do not help or that they can heal with **natural** antibiotics.

For **over 15 years**, patients, doctors and pharmacology experts have been warning about the dangerous and potentially **deadly** side effects of a class of antibiotics called fluoro-

quinolones, often referred to as quinolones or FLQs in the health field. Fluoroquinolones are **extremely** powerful antibiotics, developed to treat serious respiratory tract infections such as hospital-induced pneumonia, and other antibiotic-resistant or potentially deadly infections.

The **most common** American antibiotics in this class are **Cipro** (Bayer). **Levaquin** (Johnson & Johnson), and **Avelox** (Bayer) – generics are ciprofloxacin, levofloxacin, and moxifloxacin, and others with the word “flox” in them. Lots of antibiotics have side effects, but what makes quinolones much more risky is that the side effects caused aren’t necessarily temporary; they can cause dangerous, severe and **permanent** disability.

Just a few of those dangerous side effects named in multiple studies:

- Neurotoxicity
- Toxic Psychosis
- Neuropathy
- Retinal Detachment
- Tendon Rupture
- Muscle Damage
- Seizures
- Heart Arrhythmias
- Abnormal Liver Function
- Kidney Damage
- Nerve damage
- Joint pain
- Anxiety
- Confusion
- Personality changes
- Agitation
- Severe depression

Dr. Jay Cohen, a medical researcher and associate professor at the University of California, San Diego is an expert on severe peripheral **neuropathy** caused by quinolones. He notes that these debilitating reactions are not rare and that most doctors have dismissed patient complaints that quinolones can cause this type of

**long-term damage** (even though it is even now mentioned in the package insert).

He warns that if one person in 100 suffers a grave side effect, it can still mean **millions of people** will suffer because less than 10% of all adverse drug reactions get reported. Even so, there have been 2,500+ documented deaths resulting from the major quinolones and **45,000+ cases** of side effects.

We’ve long known about the dangers of antibiotic resistance – that one day, the drugs will **stop working** – and scientists have learned in recent years that antibiotics also kill off “good” bacteria with the “bad.” But now, research suggests that **certain antibiotics**, taken long-term, could actually be damaging our own cells. Widely used antibiotics like ciprofloxacin and ampicillin can damage the cells’ fuel supply and cause **oxidative** stress, which has been linked to cancer, heart disease, Alzheimer’s and other ailments. Here is a short list of some of the other damage antibiotics does:

**Antibiotics Increase Fatalities in Children** - Many children are given antibiotics for upper respiratory conditions associated with the common cold. Over half of the antibiotics prescribed for children are because of these conditions and antibiotics will not even help them, since colds are viral. These (Cont. on next page)

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children are then more **susceptible** to aggressive antibiotic-resistant strains of the bacteria commonly known as *C. diff*. *C. diff*, is a bacteria found in the human gut that can cause severe diarrhea and is responsible for 250,000+ infections in hospitalized patients and 14,000+ deaths every year among children and adults.

Shockingly, the majority of children, in the US alone, routinely receive up to **20 courses** of antibiotics before the age of 18. In addition, between one third and one half of pregnant women receive antibiotics during pregnancy. The high C-section rate is also a **contributing** factor as surgical birth negatively affects the composition of gut flora in children since they completely miss out on exposure to the mother's good bacteria as they move through the birth canal.

**Antibiotics Can Completely unbalance your Gut Flora** - Your intestines contain around 100 trillion bacteria of various strains. The bacteria on and in your body are estimated to outnumber your own cells by 10-to-1. There are literally more bacterial cells in your body than non-bacterial cells! That's because your body is an **ecosystem**. There are so many different types of bacteria in the gut that scientists have called the environment the *microbiome* (or a collection of bacteria). This is why the gut is one of the major focal points of your **immune system**, which is designed to protect you from infections. Your gut has more immune cells than just about any other part of your body.

While some bacteria can be deadly, there's a **balancing**, good, natural balance in the gut that can be thrown out of whack by antibiotics. These good bacteria, which are also known as gut flora, sup-

portour immunity and proper digestion. Aggressive antibiotics, while helpful if you have a serious **infection**, can wipe out many good gut bacteria while leaving those immune to antibiotics to flourish. An example of some of the good bacteria that gets **killed off** is acidophilus and bifidus, which are both types of probiotics and needed for digestion.

Contrary to some beliefs that use of antibiotics only causes disruption of the gut flora for a few weeks, gut flora **does not** quickly return to normal after a round of antibiotics. Even a **short course** of antibiotics can lead to resistant bacterial populations taking up residence in the gut that persists for up to 4 years – maybe even longer. What this means is that taking antibiotics today for an illness that is not life threatening may in fact lead to a **growth of superbugs** in your gut that could actually threaten your life down the road and prevent antibiotics from working for you when you desperately need it.

When we eat and drink, we expose our **intestine** to countless amounts of bacteria. Our body protects us in a couple of different ways: 1) The intestinal lining provides a physical barrier that keeps pathogens (bad bacteria, viruses, and parasites) from entering the body. When this structure breaks down you can get "**leaky gut**", where pathogens have an easier time entering your body. 2) Also, in a healthy gut, immune cells in your body secrete immunoglobulins (antibodies) against pathogens, binding them and **preventing** them from infecting you. 3) Your immune system is constantly surveying the environment, making sure that it is up-to-date against whatever you are coming in contact with.

**Antibiotics Transfer Bad Genes to Good Bacteria - Bacteria have evolved defenses against antibiotics through the process of horizontal gene transfer.** - Essentially, bacteria don't need to reproduce to pass

along their genetic protection from antibiotics. They can simply pass these genes to other bacteria. Bacteria passing through the colon, for example, can transfer their resistance genes to other forms of bacteria.

### Probiotics

Probiotics are the **opposite** of antibiotics. Antibiotics kill bacteria, while probiotics *are* bacteria and are often killed by antibiotics. All probiotics improve the balance of the intestinal microflora. Probiotics can have several benefits: 1) Probiotics can **alter the pH** (acidity) of the gut to allow or prevent the growth of other types of bacteria. 2) They can directly compete with bad bacteria for nutrients and space, preventing the overgrowth of these bacteria. 3) They can also stimulate the immune system, increasing your ability to defend against any unwanted visitors. Probiotics display **minimal** side effects, mainly gas initially as gut integrity is re-established.

Probiotics perform many daily functions:

- Break down and digest food
- Produce vitamins
- Suppress other microbes that threaten to take over, such as **yeast**

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- Replenish good bacteria destroyed by antibiotics and environmental insults
- Manage diarrhea and urinary tract infections
- Potentially **alleviate** medical conditions such as:
  - Irritable bowel syndrome
  - Diarrhea, especially when associated with antibiotic use
  - Ulcers
  - Colitis
  - Chronic yeast infections
  - Autoimmune Illnesses

Research has found that live probiotic **microorganisms** are immune-enhancing and anti-inflammatory, and some studies have indicated that they may protect against certain cancers. Probiotics prevent infections and yeast overgrowth by blocking harmful bacteria from attaching to intestinal walls and by maintaining intestinal pH. They **improve** digestive function and assist with the production of a number of vitamins, including vitamins K, B12, B5 and biotin.

### **Prebiotics**

Prebiotics are non-digestible, oligosaccharides (several types of sugar molecules linked together) ingredients in our food that are the **food sources** for probiotics. They escape digestion in the upper gastrointestinal tract and selectively stimulate the growth of selective bacterial genera such as bifidobacteria and lactobacilli in the colon. Consuming prebiotics alone can often help digestion, because they feed, **nourish** and increase probiotic bacteria.

Prebiotics have **benefits** beyond the positive effects on digestive flora. Some studies have indicated that they have a protec-

tive quality against early-stage colon cancer. Other studies have suggested that prebiotics lower **triglycerides**, but just exactly how is unknown. They may also help regulate blood sugars, and data already exists showing that some prebiotics may reduce appetite, increase satiety, and thereby decrease the amount of **energy** consumed after several weeks of consistent use.

THERE IS HOPE!!! Long before there were pharmaceutical antibiotics – developed in the 1940s, there were **foods and herbs** that helped strengthen the immune system and guard against infection and disease on a daily basis. Many of these natural defenders are still in use today by holistic healers around the globe. The best news is that scientists are **proving**, through constant new studies, that these

Our ancestors also had a solution for healing, using antibiotics from nature and it would be good to **remind** ourselves who these antibiotics are and possibly think about using them in case of an illness.

In nature's **infinite wisdom**, several other highly effective substances exist with antibacterial, antifungal and antiviral properties, all able to protect the human body safely and with deep healing powers. You don't have to go much farther than the refrigerator or your pantry cupboard to find safe, delicious foods and herbs to **eradicate** the most virulent bacteria and viruses. In our next article we have listed some of the great foods and herbs that serve as powerful natural antibiotics.

Unfortunately I was one of the many people that bought the scary "western medicine" speech

that if I don't take the antibiotics for this, that and the other, the negative **consequences** for my health would cascade to a disaster in no time. So I took many types of antibiotics, so many times, and many of them became a **vicious** circle.

For example, I had couple of **kidney** infections back to back and they convinced me that it was a chronic condition and it was for life, thus they explained to me that I needed Antibiotics daily, and for life, if I was going to prevent a 'possible kidney transplant'. I sadly bought the speech and took **daily** Antibiotics for years, which produced serious damage to my immune system and massive damage to my stomach. Then I started needing **stronger** Antibiotics, got sicker faster and more often and needed stomach medication. I also developed allergies simply because my lymphatic system was saturated with chemicals, etc., etc.

This all went down hill for years and I became someone that **depended** on over the counter medication on top of the prescribed daily Antibiotics. All of this was because of those two light, in a row, kidney infections 2 decades ago. (Cont. on next page)

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Luckily ... or better said blessed -ly ... after being on the Living Foods Raw Vegan Plant Based Diet of Hippocrates Institute for **9 months** I was able to be **FINALLY** and **COMPLETELY** ANTIBIOTICS FREE and heal the last ever light kidney infection naturally without ANY CHEMICAL Medication. I did this simply with herbs. My stomach is **healed**, my immune system healed and stable and my lymphatic system at a **99% healed condition**. Almost **PERFECT** and certainly **HEALTHIER** than I have ever been my entire life!!

Obviously I do recognize that for certain **emergencies**, its inevitable to use Chemical Medication and I do acknowledge in my couple of accidents these Medications helped saved my life. But the meds are totally overused and **abused** by the Medical Professionals and the Massive amount of non-knowledgeable patients (including until very recently; myself).

Please don't learn the hard way as I did, gift yourself the gift of TRYING all NATURAL WAYS first and foremost, **97% of the time** you can totally heal naturally!!

A Raw VEGAN Living Foods DIET including plenty of **Leafy** GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF

inside and out. This allows you to build your immune system and PREVENT the need for antibiotics and HEAL faster even if you do become infected with bacteria. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following research links will provide you with more details and information so that you can delve deeper, if you choose to, into the studies and research about the impact of antibiotics and antibiotic **resistance**:

<http://www.webmd.com/cold-and-flu/myths-and-facts-about-your-immune-system>- Myths and Facts About Your Immune System

<http://www.forbes.com/sites/melaniehaiken/2012/09/30/antibiotic-alert-the-drug-the-doctor-ordered-could-cause-deadly-side-effects/>- Antibiotic Alert: The Drug The Doctor Ordered Could Cause Deadly Side Effects

<http://www.thehealthyhomeeconomist.com/why-antibiotics-today-could-threaten-your-life-tomorrow/>- Why Antibiotics Today Could Threaten Your Life Tomorrow

<http://www.ncbi.nlm.nih.gov/pubmed/20352091?dopt=Abstract>- Short-term antibiotic treatment has differing long-term impacts on the human throat and gut microbiome.

<http://articles.mercola.com/sites/articles/archive/2003/06/18/antibiotics-bacteria.aspx>- Antibiotics Kill Your Body's Good Bac-

teria, Too, Leading to Serious Health Risks

<http://www.cdc.gov/features/getsmart/>- Antibiotics Aren't Always the Answer

<http://www.healthline.com/health-news/five-unintended-consequences-antibiotic-overuse-031114>- 5 Frightening Consequences of Overusing Antibiotics

<http://fearlessparent.org/are-dangerous-antibiotics-causing-chronic-illness/>- Dangerous antibiotics?

<http://thepeopleschemist.com/drug-rep-exposes-antibiotics-risks-outweigh-benefits-you-have-alternatives/>- Drug Rep Exposes that Antibiotic Risks Outweigh the Benefits and Alternatives

[http://well.blogs.nytimes.com/2012/09/10/popular-antibiotics-may-carry-serious-side-effects/?\\_r=0](http://well.blogs.nytimes.com/2012/09/10/popular-antibiotics-may-carry-serious-side-effects/?_r=0)- Popular Antibiotics May Carry Serious Side Effects

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<http://www.aol.com/article/2015/03/27/dangerous-side-effect-of-popular-antibiotic/21158504/>- Dangerous side effect of popular antibiotic

<http://commonhealth.wbur.org/2013/07/>

[cell-damage-antibiotic-use-](#) Study Suggests Cell Damage As Potential Danger Of Antibiotic Use

[http://www.emedicinehealth.com/antibiotics/page4\\_em.htm](http://www.emedicinehealth.com/antibiotics/page4_em.htm)- Side Effects of Antibiotics

<http://totalwellnesscleanse.jimdo.com/side-effects-of-antibiotics/>- Side Effects Of Antibiotics

<http://www.ion.ac.uk/information/onarchives/proanti>- Probiotics and Antibiotics

### There are some Amazing and PROVEN Effective NATURAL Antibiotics and Immune Builders found in the "Right" FOODS, HERBS and LIFESTYLE practices that you can EASILY begin today!!

In this article we will be giving you a **powerful** list of anti-bacterial foods and herbs. Including foods and herbs that contain antibiotic properties in your diet which can support your immune system and help to defend you from certain **infectious** bacteria, such as the Lymes spirochete and Candida Albicans, an over-growth of yeast.

There are many **foods and herbs** known to have natural antibiotic qualities; and with an increased resistance to pharmaceutical antibiotics in people today, it is wise to eat foods that work in your defense on a daily basis. Why not **prevent** illness and use food, nature, breathing, exercise and mindful stress management to create a infection free healthy life? Certainly if you do become **infected** with bad bacteria these foods and herbs can be your first method of attack!

**Colloidal Silver** - The germicidal and antibacterial properties of colloidal silver were discovered almost a century ago. Colloidal silver is a great **organic** remedy since it disrupts the **enzyme-system** of most bacteria required to multiply. Numerous clinical cases and anecdotal evidence provides us with the knowledge of the power of colloidal silver to kill bacteria, fungal infections and viruses.

Even though the FDA has tried to discredit the efficacy of this **im-**

**portant** healing substance, the effects of colloidal silver in the treatment of bacterial diseases such as yeast infections, MRSA, topical wounds, sores and infections speaks for itself. This treatment is temporary since too much silver – a heavy metal – can be toxic. Colloidal silver is most recommended for **external uses** like gargling, ear infections, etc.

**Garlic**- Garlic is a natural antibiotic as well as **antifungal and antiviral** agent. It can fight such simple infections as the common cold, pushing the germs away before they have a change to disrupt your life. Using **phytochemicals**, sulfur compounds and the allicin, that it contains, garlic protects against yeast, parasites, bacteria, and more. Garlic has been used worldwide for thousands of years for medicinal purposes. This wonder plant treats everything from earaches to pneumonia, MRSA, Helicobacter pylori and the flu.

The **sulfur** compounds even chelate toxic heavy metals (like lead & cadmium), binding with them for excretion out of the body. It promotes the growth of healthy intestinal microflora by acting as a prebiotic (food for probiotics). Garlic acts as a **strong** antioxidant and guards against DNA damage, protects the immune system, protects against radiation & sunlight damage and fights worms and parasites.

Because of it's antifungal and anti-

viral effects it also **attacks and destroys** a variety of viruses -- unlike modern antibiotics -- as well as fungal infections, such as candida. It contains many nutrients such as **vitamins** (C, B<sup>1</sup>, B<sup>2</sup>, B<sup>3</sup>), **minerals** (calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, and phytochemicals (Allicin, beta-carotene, beta-sitosterol, caffeic acid, chlorogenic acid, diallyl-disulfide, ferulic acid, geraniol, kaempferol, linalool, oleanolic acid, p-coumaric acid, phloroglucinol, phytic acid, quercetin, rutin, s-allyl-cysteine, saponin, sinapic acid, &stigmasterol).

**PLEASE NOTE:** If using garlic to treat an eternal infection such as a burn or wound, please be very **careful** as the strength of garlic will liter (Cont. on next page)

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ally burn through skin and bone if left too long. To ensure it not too strong for the skin, **boil the garlic** for 30-40 minutes, let it cool to a lukewarm temperature, mash it, add olive oil to make a paste and apply. Leave it on for no longer than for 5 minutes then rinse completely with cold water. Wait 24 hours and notice your reaction. You can always reapply ... it is much better to take it **slowly** than suffer from the garlic burn.

**Onion** – This is another of the herbal antibiotics that can easily be found in your home. High in sulfur substances, acids and flavonoids it is great to fight infections of the respiratory tract, influenza, bronchitis, pharyngitis, and so on. If used externally, it is a great **disinfectant**.

**Cabbage** - A member of the **cruciferous** vegetable family, along with broccoli, kale, cauliflower and Brussels sprouts, cabbage has long been recognized for its healing powers. One reason is the **cancer fighting sulfur** compounds. Another is that fruits and vegetables high in vitamin C are considered a natural antibiotic and a one-cup serving of cabbage provides about 75 percent of your daily adult allowance.

**Fermented Foods** - Today more and more doctors recommend you take a **probiotics** in conjunction with antibiotic treatment to replace the good bacteria, micro flora, that is also being destroyed in the digestive system. Fermented vegetables, loaded with antioxidants and microorganisms, are **far superior** to taking supplements. Raw, unpasteurized sauerkraut (there's that cabbage again), apple cider vinegar, raw pickles, cultured vegetables, kombucha, and kim chi are all excellent ways to introduce probiotics back into your **intestines**. Begin with a few teaspoons and increase as desired. Here are a

couple of great fermented products you can consume:

- **Raw Organic Apple Cider Vinegar (ACV)** The far-reaching benefits of daily doses of apple cider vinegar (ACV) include antibiotic and antiseptic properties, naturally alkalizing your system, and can aid you in everything from **managing** your weight to lowering cholesterol and your risk of cancer. A chemical-free astringent, ACV can be used topically to disinfect and sterilize.
- **Kombucha** - Kombucha is a fermented product made from green, black or white tea. As a fermented product it is a natural probiotic beverage. Probiotics re-establish the natural ecology of the intestinal flora and are said to boost **immunity**, enhance mood, fight allergies and detoxify and rid the body of disease. Probiotics are tiny microorganisms similar to the “good bacteria” naturally found in our intestines. Over the last several years, tons of **investigations** and studies have been done to prove how probiotics affect everything from brain health to acne to cancer. Kombucha is not just an amazing probiotic drink, however, it also contains vitamins, minerals, enzymes, and a high concentration of beneficial acids.

**Extra Virgin Coconut Oil** - Coconut oil has naturally occurring **antiviral, anti-bacterial, anti-fungal and anti-microbial** properties and is packed with antioxidants you can't find anywhere else in nature. Laboratory tests have shown that the MCFAs (medium chain fatty acids) found in coconut oil are effective in **destroying** viruses that cause influenza, measles, herpes, mononucleosis hepatitis C, and AIDS; bacteria that can cause stomach ulcers, throat infections, pneumonia, sinusitis, urinary tract infections, meningitis, gonorrhea, and toxic shock syndrome; fungi

and yeast that lead to ringworm, Candida, and thrush.

Use it to boost your immune system, **balance thyroid**, cholesterol, and blood sugar levels, and even improve brain function. Safe to use internally and externally, coconut oil is one of the most versatile and unique gifts from Mother Nature.

**Aloe Vera** is a traditional native plant that grows in hot and dry climates. Aloe vera leaves are known for treating rashes, wounds, **inflammation**, arthritis and constipation.

**Elderberry**: This is a flowering plant that appears to be particularly effective against the **influenza virus**. In a recent study, more than 90 percent of patients taking elderberry extract showed a significant reduction in influenza symptoms after just two days and made a complete recovery after three days.

**Grapefruit seeds** Extract: Grapefruit seeds extract is driven from organic grapefruit and has great **antibacterial, antimicrobial and antifungal** properties. Grapefruit seeds have been known to fight more than 800 different kinds of bacteria and more than 100 different kinds of fungi. Grapefruit (Cont. on next page)

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seeds destroy bad bacteria without destroying the good bacteria in the body.

High in many antioxidants, GSE boosts immunity, alkalizes the body naturally, and aids in digestion by improving your beneficial gut flora. The only caveat is that commercial preparations of GSE have a chemical in them called diphenolhydroxybenzene that is of questionable safety and other chemicals like triclosan and cancer causing parabens that are definitely to be avoided.

Therefore, if you intend to use GSE especially internally, it is best to make it yourself by grinding the grapefruit seeds and the juiceless pulp and then mixing with glycerin.

Jerusalem Artichokes - Unlike garlic, Jerusalem artichokes – also known as sunchokes – are not a particularly famous food. Nevertheless, these earthy tubers are packed full of nutritional benefits. In addition to providing plenty of B vitamins and immune-boosting vitamin C, Jerusalem artichokes are loaded with inulin, a prebiotic fiber that has been shown to stimulate the growth of bifidobacteria.

Almonds - In an in vitro study, a group of scientists found that finely ground almonds significantly increased the levels of certain beneficial gut bacteria. The almond preparation was found to lose its prebiotic effect when its fat content was removed, suggesting that the probiotic bacteria only use the lipids in almonds for growth.

A 2010 study found that almonds can also help fight off viral infections such as the common cold and flu. After taking antibiotics, you are more prone to new infections as a result of a weakened immune system.

The researchers responsible for this almond study found that natu-

rally occurring chemicals found in almond skins improved the ability of the white blood cells to detect viruses and to boost the body's ability to prevent viruses from replicating. Even after the almonds had been digested in the gut, there was still an increase in the body's ability to fight viruses.

Lavender- Lavender essential oil is known for its anti-inflammatory, antibacterial and antifungal properties. Lavender has also been known to improve stomach disorders, digestive problems, constipation, headaches, insomnia and skin problems.

Vitamin C - Numerous bacterial infections have been handled by the use of vitamin C. This and all natural antibiotic should be employed in high amounts to be effective. Employing vitamin C may treat some illnesses such as whooping cough, diphtheria, polio and tetanus. This natural antibiotic may also help in the treatment of bacterial infections caused by HIV/AIDS. Vitamin C has a crucial role in the formation of white blood cells; for that reason, the immune system is able to fight bacteria easier. Also add other antioxidants including vitamin E, zinc, selenium, and vitamin A, since all antioxidants are antifungal.

Oregano and the oil of oregano - Beyond its antibacterial properties, oregano can help with digestion and aid in weight loss. Oil that is found in oregano, Carvacrol, has been found to fight the bacteria that can lead to infections. The oil of oregano has been found to treat foot or nail fungus, digestive infections, parasites, sinus and upper respiratory infections and even particular yeast infections.

There are over 40 different oregano species, but the most beneficial one to maximize the therapeutic antibiotic effect you need is the oil produced from wild oregano,

called *Origanum vulgare*. *Thymus capitatus*, a variety that grows in Spain, is also very powerful.

Olive Leaf Extract - Olive leaf extract can treat different types of bacterial infection and its antimicrobial properties protect against bacteria and fungi. Olive leaf extract also has anti-inflammatory properties. Additionally, it exhibits free-radical scavenging abilities. Olive leaf extract may be best known for its ability to reduce fever even due to severe illness.

Early in the last century, oleuropein was isolated from olive leaf extract as this phytochemical was thought to give the olive tree its resistance to disease. Researchers from the Netherlands then learned that elenolic acid, a component of oleuropein, acted as a broad-spectrum natural antibiotic, which safely and strongly inhibits the growth of not only bacteria, but also viruses and fungi.

Ginger - Ginger's natural antibiotic effects help prevent many conditions including food poisoning. Studies have shown that fresh ginger really does have an antibiotic effect against food borne pathogens such as salmonella, listeria and campylobacter. Fresh ginger (Cont. on next page)

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also increases stomach acid production and helps calm indigestion when a meal raises the acidity in your stomach.

**Cayenne Pepper** - Cayenne pepper, also called capsicum, is a strong spice used for thousands of years for its healing power and antibiotic effects. Cayenne pepper is particularly **effective** at resolving vulvovaginitis, a common infection in women. One Czech study found capsicum essential oil exerts a considerable antifungal and antibiotic effect on this condition. It is important to properly use a **carrier oil** such as olive oil and thoroughly dilute cayenne pepper essential oil, however, as capsicum is quite burning upon initial contact with the skin. Cayenne pepper is also fantastic for helping to resolve **strep throat**.

**Turmeric** - Turmeric protects your body against harm. Turmeric can be both consumed and applied externally, making it a great choice for fighting against bacteria. Turmeric helps destroy bacteria that cause **diseases** and promote the body's natural defenses. In addition, it helps prevent bacterial infections in wounds.

In research, the curcumin in turmeric was shown to be **effective** against *Helicobacter pylori* common in gastroduodenal ulcers regardless of the genetic makeup of the strain. The administration of curcumin also resolved any **gastric** damage caused by the infection.

**Echinacea** - Echinacea has been used for hundreds of years to strengthen the immune system and fight a variety of infections. Traditionally, echinacea was used to treat open wounds, diphtheria, cellulitis, blood poisoning, syphilitic lesions and other **bacterial-related** diseases. Although it's mostly used today for fighting

**colds and flu**, this potent herb possesses the ability to destroy the most virulent bacteria such as Staphylococcus aureus, which causes deadly MRSA.

Echinacea is also used against many other infections including the flu, **urinary tract infections**, vaginal yeast infections, genital herpes, bloodstream infections (septicemia), gum disease, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, and diphtheria. Applying echinacea cream or ointment **topically** can disinfect and treat eczema and psoriasis a few times a day. It can also treat open wounds and other bacteria-related skin problems.

**Pau d'Arco** - Pau d'Arco is an herb native to South America whose active ingredient lapachol, has been found to relieve a wide range of infections include those **initiated** by bacteria, viruses and fungus. Overuse of synthetic, drug based antibiotics frequently leads to an overgrowth in the gut of a large family of yeasts or fungus known as *Candida*. Pau d'arco is an herb that is highly effective at **repressing Candida** and significantly reducing the resultant sugar cravings that come with it. Repressing Candida and ingesting plenty of probiotics in the form of fermented foods and/or supplements will over time allow beneficial **gut microbes** to regain control of the gut environment.

**Pinusradiate** - Pharmaceutical formulations based on pine buds are appropriate as health supplements for severe **bronchial** and catarrhal issues, simply because they have antiseptic attributes and help clean the bronchi.

**Thyme** - The acids included in this healing plant have outstanding antiviral attributes making it one of the effective herbal antibiotics easily available now. Thyme will not eliminate bacteria but it stops them from

multiplying. If used externally, it is an excellent **disinfectant**, which helps to recover from injuries.

**Rosemary** - Rosemary has over forty antibacterial and **over twenty** antiviral attributes. The infusion of rosemary may help battle bacteria that impact the respiratory or intestinal system.

**Cranberry** - These types of herbal antibiotics are especially good against **urinary tract infections**. A juice is removed from the fruits of the plant that is rich in proanthocyanidins. These ingredients avoid the adherence of Escherichia coli to the urinary tract. Unable to hold, the bacterium is removed in the urine and therefore the infection **stops**.

Cranberry is perfect as a **precautionary** measure for chronic cystitis since it does not have any negative effects on the body. This juice may also be applied in combination with other types of antibiotic treatment for severe cystitis.

**Bearberry** - The medicinal attributes of the bearberry are a result of the antiseptic action of hydroquinone and tannins in present in this plant. Bearberry offers **antiseptic** safety against a big number of bacteria. The diuretic and antiseptic action can make it especially efficient in (Cont. on next page)

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dealing with the severe and persistent cystitis or as a complement to other antibiotic treatment.

**Linden** - This healing plant possesses antiviral and antibacterial attributes, which are able to suppress the development of **viruses** and bacteria.

**Tea tree oil.** Tea tree oil is a natural antiseptic proven to kill many bacterial strains (including MRSA).

### **Other Antibiotics Herbs**

There are many other herbs, besides the ones mentioned above, with **antibiotic properties**, so listed here are the culinary herbs you might use to cook with on a daily or weekly basis. Keep in mind that it is suggested to go to an herbalist or holistic healthcare professional to get the **proper** guidance concerning the **dosages** and general usage to deal with your sickness. Continue to enjoy them for their taste knowing they are supporting your immune functions as well:

- Allspice
- Thyme
- Mint
- Basil
- Cinnamon
- Sage
- Chervil
- Lemon balm
- Cumin
- Tarragon
- Cloves
- Bay leaf
- Chili peppers
- Marjoram
- Caraway seed
- Coriander
- Dill
- Nutmeg
- Cardamom
- Pepper
- Ginger
- Anise
- Fennel
- Mustard

- Parsley

This is not to imply that you should never take antibiotics when you have a **life threatening** conditions and it is deemed necessary by your doctor. However, knowing how to use certain foods as medicine can help you to **cut down** on over using synthetic antibiotics for less than life threatening and minor health conditions. Naturally, consult a holistic healthcare practitioner before proceeding. You will find when you try things that have been tried and true from nature that we have many preventative, healing and health promoting answers to tap into.

**Prevention** is ultimately the answer: Exercise, eat healthy and take mindful stress reducing actions to **reduce stress**. Staying healthy is the most **obvious** way to reduce antibiotic exposure. Plenty of exercise, a moderate amount of nutritious food, and regular, restful sleep will go a long way to keeping us healthy.

### **Exercise increases immunity!**

We know this through a multitude of studies. Some of theories about why and how exercise does this are:

- Physical activity helps **flush** bacteria out of the lungs and airways. This reduces your chance of getting a cold, flu, or other airborne illness.
- Exercise causes **changes** in antibodies and white blood cells (the body's immune system cells that fight disease). These antibodies or white blood cells circulate more rapidly, so they can detect illnesses earlier than they might have before.
- The brief rise in **body temperature** during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection more effectively.

- Exercise **slows down** the release of stress-related hormones. Unhealthy stress increases the chance of illness. Lower stress hormones protects against illness.

Making sure you include exercise in your life is important but **moderation and balance** is the key. People who already exercise regularly do not need to exercise more intensely just to increase their immunity. Heavy, long-term exercise (such as marathon running and intense gym training) could actually **decrease** the amount of white blood cells circulating through the body and **increase** stress-related hormones. Our exercise Newsletter is filled with great information about the “right” exercise including what kinds of exercises you need and frequency of exercises.

**Yoga** is an incredible form of exercise that will definitely make a difference in **boosting** your immune system and helping you heal from various infections. Yoga can **prevent** infections and diseases in several ways:

- Stress is a major cause for diseases, including infectious diseases as it lowers your immune system. Through the stretching postures of yoga and through pra (Cont. on next page)

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nayama breathing techniques, you can **de-stress and relax** your body and mind. This keeps your immune system strong and will help you fight those infections.

- Yoga strengthens your **lymphatic system**, which in turn will help your body flush out toxins. Inversions such as headstands, plough position, shoulder stands and legs up the wall position are good for the lymphatic system, which is the main producer of immune cells. Twists and hip openers such as seated twist, prayer twist, pigeon and bound angle, work the lymph nodes in your armpit. Lion pose or Simhasana activates the lymph nodes in the neck and is great for the immune glands in the tonsils.
- To prevent **nasal infections**, you can do JalNeti or nasal irrigation. This will drain out infections in the nasal passage.
- Chest-opening postures concentrate on the chest and the **respiratory system** and help to prevent infectious diseases related to the chest. Pigeon posture, cobra posture, boat posture, bow posture and upper back bends massage the thymus gland, which is located in the center of the chest.

**Adequate sleep is critical to a healthy immune system** that can help prevent illness. Sleep is also critical to heal illness. Sleep deprivation

has a powerfully detrimental effect on your immune system. If you're tired when you wake up in the morning, you're not getting enough sleep, or maybe not enough quality sleep. Either way, your immunity is probably **compromised**. Poor sleep is associated with lower immune system function and reduced numbers of killer cells that fight germs. Killer cells are also the part of the immune system that combats cells that divide too rapidly, as they do in cancer. Lower their numbers and you may be at **greater risk** for illness.

One of the side effects of prescription anti-biotic is that it causes **sleep-related** side effects including restlessness, sleeplessness and difficulty falling asleep. Since sleep is one of the very things your body needs in order to heal itself this creates a **dangerous** cycle. Natural antibiotics in the foods and herbs listed above work with your body to create the restful, deep sleep your body requires when it is impaired with any kind of infection.

Finally do not forget to **hydrate with pure natural filtered, living water**. Besides the multitude of functions the body needs water for it is also key for your kidneys to be able to filter waste from the blood and excrete it in urine. Keeping hydrated helps **prevent** urinary tract infections and kidney stones. If you are severely dehydrated, your kidneys may stop working, causing toxins to build up in your body. Hydration even plays a role in **healing**

**wounds**. Making sure you daily drink at least 2 liters of water if you are a woman and 3 liters of water a day if you are a man for preventative measures and if you are dealing with an infection please increase it.

Take an objective look at yourself and your **life-style**. If you keep coming down with the same thing, do some research and a little thinking. What are you eating, breathing, being surrounded by? Are you taking antibiotic after antibiotic and now have a **secondary** yeast or fungal infection? How is your spiritual life? How are your stress levels? The point is, a myriad of factors contribute to REAL "wellness."

In our next article we will cover the mental, emotional and spiritual aspects of antibiotic use and make some recommendations about **balancing** yourself in all aspects to keep your immune systems strong.

The following research links will provide you with more details (Cont. on next page)

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and information so that you can delve deeper, if you choose to, into natural solutions to keep your immune system strong and to **prevent and heal** without prescription antibiotics:

<http://www.yogawiz.com/blog/preventive-therapy/yoga-for-infectious-diseases.html>  
- In What Way Does Yoga Prevent Infections and Diseases?

<http://www.earthclinic.com/cures/antibiotics-side-effects.html>-Antibiotic Side Effect Remedies

<http://altmedicine.about.com/od/popularhealthdiets/a/antibiotics.htm>-Natural Ways to Reduce Antibiotic Side Effects

<https://www.nlm.nih.gov/medlineplus/ency/article/007165.htm> - Exercise and immunity

<http://fitness.mercola.com/sites/fitness/archive/2012/03/16/how-to-fight-a-cold-with-exercise.aspx> - Got a Cold? Here's a Trick to Feel Better Fast

<http://www.myhealthwire.com/news/herbs-supplements/796>- Top 10 Natural Antibiotics Hiding In Your Kitchen

<http://www.foodmatters.tv/>

[articles-1/5-powerful-antibiotics-that-dont-require-a-prescription-5 Powerful Antibiotics That Don't Require A Prescription!](http://www.naturalnews.com/035516_natural_antibiotics_superbugs.html)

[http://www.naturalnews.com/035516\\_natural\\_antibiotics\\_superbugs.html](http://www.naturalnews.com/035516_natural_antibiotics_superbugs.html)-The 5 best natural antibiotics and anti-virals that destroy superbugs and just about everything else

<http://www.thehealthyhomeeconomist.com/how-to-use-best-natural-antibiotics/>-The 11 Best Natural Antibiotics and How to Use Them

<http://www.thehealthyhomeeconomist.com/protocol-for-gut-support-during-and-after-a-round-of-antibiotics/>-How to Repair Your Gut After Antibiotics

[http://www.earthclinic.com/remedies/natural\\_antibiotics.html](http://www.earthclinic.com/remedies/natural_antibiotics.html)-Natural Antibiotics: Home Alternatives to Drugs

[http://www.healthy.net/health/article/healing\\_infections\\_without\\_antibiotics/603](http://www.healthy.net/health/article/healing_infections_without_antibiotics/603)-Homeopathy: Healing Infections Without Antibiotics

<http://www.care2.com/greenliving/common-foods-herbs-with-antibiotic-properties.html>-30 Foods &

Herbs with Natural Antibiotic Properties

<http://www.care2.com/greenliving/reducing-exposure-to-antibiotics.html>-Reducing Exposure to Antibiotics

<http://www.top10homeremedies.com/news-facts/top-10-natural-antibiotics.html>-Top 10 Natural Antibiotics

<http://blogs.naturalnews.com/12-natural-antibiotics-ancestors-used-instead-pills/>- 12 Natural Antibiotics That Our Ancestors Used Instead of Pills

<http://naturalantibioticshut.com/>-Natural Antibiotics: a Healthy Alternative

<http://naturalantibioticshut.com/herbal-antibiotics/>- Herbal Antibiotics – The 10 Most Effective Options

<http://www.ion.ac.uk/information/onarchives/proanti>- Probiotics and Antibiotics

<http://www.livestrong.com/article/449440-difference-between-probiotic-antibiotic/>-Difference Between Probiotic & Antibiotic

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<http://www.quickanddirtytips.com/health-fitness/prevention/should-i-take-antibiotics-with-probiotics> -Should I Take Antibiotics with Probiotics?

<http://blog.delimmune.com/2012/>

[06/antibiotics-vs-probiotics-whats-the-difference/](http://06/antibiotics-vs-probiotics-whats-the-difference/) - Probiotics vs Antibiotics: Learn about the Differences, See How Taking Pro(Cont. on next page)biotics Counteracts Antibiotic Side Effects

<http://www.ncbi.nlm.nih.gov/>

[pmc/articles/PMC2094966/](http://pmc/articles/PMC2094966/) - Coming full circle: From antibiotics to probiotics and prebiotics  
[http://www.huffingtonpost.ca/natasha-turner-nd/probiotics-prebiotics\\_b\\_1409702.html](http://www.huffingtonpost.ca/natasha-turner-nd/probiotics-prebiotics_b_1409702.html) - The Skinny on Prebiotics vs. Probiotics

**NATURAL Solutions almost equivalent to ANTIBIOTICS can help your HOLISTIC balance. (Which means it will contribute to Your Physical, Mental, Emotional and even Spiritual Wellness)!!!**

Studies that antibiotics permanently destroy beneficial bacteria within the gut, a condition which scientist's link to various **mental conditions** including anxiety and depression. To make matters worse after excessive rounds of antibiotics then many people, experiencing mental and emotional conditions are given deadly **antipsychotics and other psychiatric drugs** to 'treat' the condition that originated from pharmaceutical antibiotics in the first place. Add to this stress which also destroys your gut bacteria and threatens your immune system and you have more susceptibility to the very illnesses that antibiotics are then prescribed for. Thus, the cycle continues.

The way out of this cycle is not only the "Right" nutrition and exercise routine to protect and heal your body and keep your immune system strong, but also to **attend to your stress** and your emotional states. Your immune system helps guard your body from germs, viruses, and other threats. What you do, think and **experience** every day can help, or hamper, your immune system. Ongoing stress, from our work, our relationships, and

many other demands, age and take a big toll on your immune system. Over time, it can makes you more and more vulnerable to illnesses, from colds and flu to chronic diseases such as diabetes, heart disease, cancer and autoimmune conditions.

Stressed out? Having **experiences** of loneliness, anger, and depression? It would be no surprise that you would be susceptible to bacteria and viruses. Psychologists in the field of "psychoneuroimmunology" have shown that **state of mind** affects one's state of health.

Everyone goes through stress. What matters is **how you handle it**. Getting better at managing stress and letting go of our manic pace and worries can help. If we train our minds to stop focusing on **unpleasant** situations, our stress levels will drop and we'll be less susceptible to illness. Taking on mindful practices such as deep breathing, meditation, Yoga and QiQong can lessen the effects of stress. As we do this, the **hurriedness** dissolves as we let go of the belief in our own importance and incorporate Yoga asanas, breathing practices, and relaxation exercise into our daily schedules.

The **spiritual element** of wellness can be the most *personal piece of the puzzle* when trying to place dimensions of wellness together. Generally, people like to live a life with **meaning and purpose**. When these goals are met, it puts harmony in our life, and the lives of others we surround ourselves with.

Explore your inner self. Ask yourself questions such as: Who am I? What is my purpose? What do I value most? These **questions** will lead you down a road where you will think more in-depth about yourself and allow you to notice things about yourself that will help you **achieve fulfillment**. (Cont. on next page)

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Looking for **deeper meanings** in your life and analyzing occurring patterns will help you see that you have control over your destiny. Being aware of this can help you achieve a happy and healthy life.

Journaling can help in expressing what is on your mind will help you to maintain a focused mind and spiritual balance. By writing down your thoughts, you may be able to **think clearer** and move forward.

Yoga is practice that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body. Yoga can help lower stress, boost the immune system, and lower blood pressure as well as **reduce** anxiety, depression, fatigue, and insomnia. See our Newsletter on Yoga to get all of the information you need to be able to begin a profound Yoga practice

Take time to **meditate**. While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with yourself. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take **five to 10 minutes** to meditate each day. Fitting meditation and relaxation into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness. Just ten minutes a day give you 90 min of REM sleep value for mind and body.

The following research links will provide you with more details and information about the mental, emotional and spiritual impact of antibiotics and natural mental, emotional and spiritual alternatives to healing **without** antibiotics:

<http://www.simplypsychology.org/stress-immune.html> -Stress, Illness and the Immune System

<http://www.apa.org/research/action/immune.aspx> -Stress Weakens the Immune System

<http://www.personalityresearch.org/papers/beaton.html> -Effects of Stress on the Immune System

<http://www.ncbi.nlm.nih.gov/pubmed/9427014> -Antibiotics: neuropsychiatric effects and psychotropic interactions.

[http://www.naturalnews.com/034177\\_antibiotics\\_side\\_effects.html](http://www.naturalnews.com/034177_antibiotics_side_effects.html) -Antibiotics can lead to crippling side effects and mental disorders

<http://www.adaa.org/living-with-anxiety/ask-and-learn/ask-expert/can-antibiotics-increase-anxiety-symptoms> -Can antibiotics increase anxiety symptoms?

<http://articles.mercola.com/sites/articles/archive/2015/03/25/cafos-gut-mental-health.aspx> -CAFOs, Your Gut, and Mental Health

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- To express **three passions** of mine that I have ironically been suppressing since 1999:
  - my passion for **spirituality**.
  - my passion for our **earth/environment/plants/animals** and the future of them/us all.
  - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
- To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our community (and our world) in their/our spirit-
- To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
- To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
- To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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