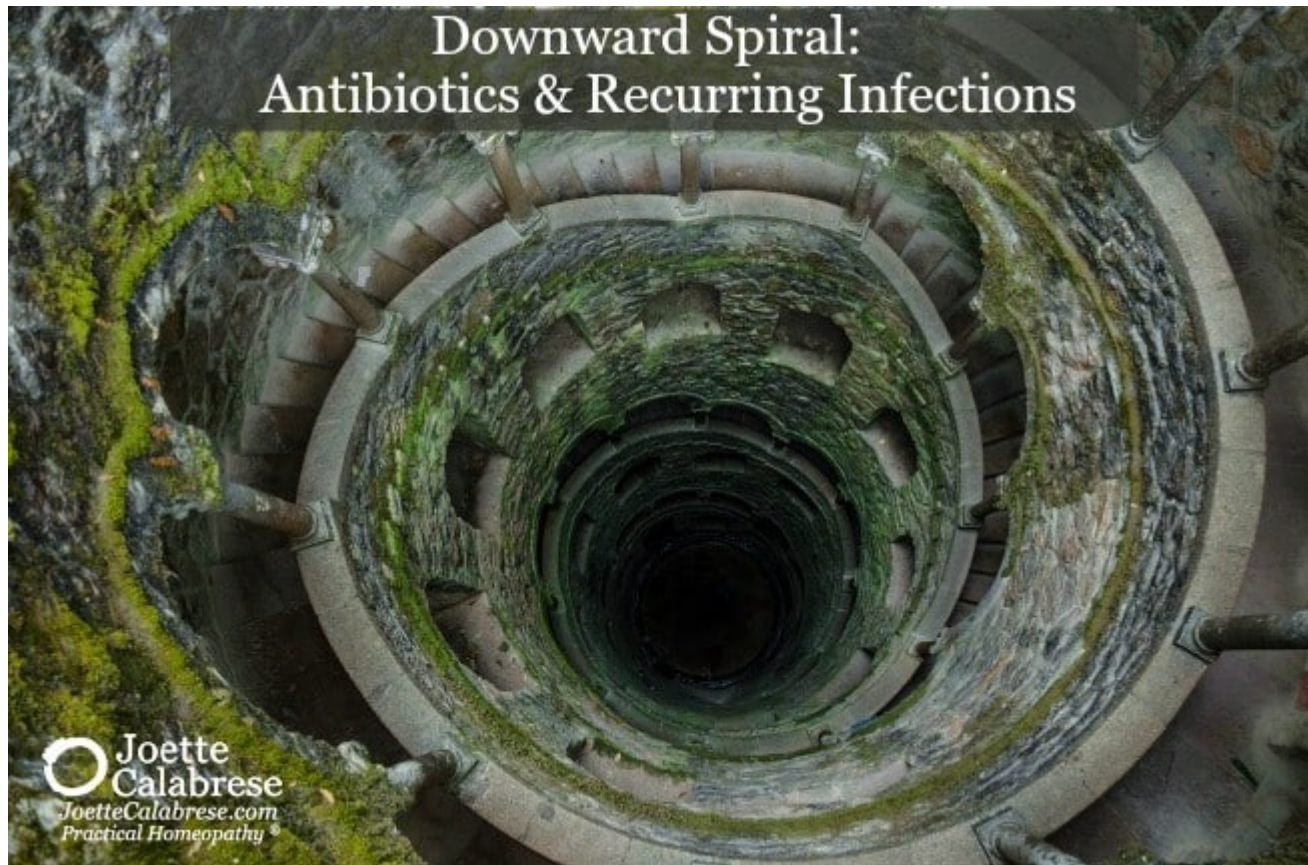


The Downward Spiral: Antibiotics and Recurring Infections



There is nothing more frustrating than being stuck in a downward spiral of illness.

One problem that I see over and over again is recurring infections caused by antibiotic use.

Unfortunately, you or a loved one probably know these types of problems all too well: ear infections that come back to plague kids like clockwork every month, repetitive bouts of strep throat, or sinus infections that come back every year (sometimes several times a year).

Are these just a normal part of life? Why are some of us prone to these persistent trials?

It turns out that antibiotics may be the root of the problem.

Believe it or not, antibiotic use sets us up for recurrent infections. According to the Guardian newspaper, "Antibiotics leave children 'more likely to contract drug-resistant infections.' Public health official warns children's risk of drug-resistant infections 12 times higher in months following course of antibiotics."

And, it's not only recurrent bacterial infections that we have to worry about. Antibiotics also set us up for fungal overgrowths, leading to recurring fungal infections.

Here's an all-too-common scenario of how antibiotic use and recurrent infections wreak havoc with our future health.

Let me introduce you to a toddler named Joey.

Joey had his first ear infection. His bright red face and obvious pain put his mother into a panic, and although she didn't want to, she felt she needed to get to the doctor to get a course of antibiotics for him.

The antibiotics worked great and cleared up the infection. But, a month later, Joey got another ear infection – even worse than the first. Another course of antibiotics followed. And then another ear infection.

Soon Joey became one of those kids "who are just prone to ear infections." The doctor has tried writing scripts for stronger and stronger antibiotics but is now recommending having tubes put into Joey's ears!

Many scientists now believe that the first three years of life are the most crucial for establishing a healthy gut microbiome.

According to a study published in the journal *Microbial Ecology in Health and Disease*, "This is the period when the

intestinal microbiota, a vital asset for health and neurodevelopment, is established and its alteration during this period has the potential to profoundly affect host health and development.”[\[1\]](#)

Ramnik Xavier, MD, PhD, chief of the MGH Gastrointestinal Unit states that, “One of the key motivations of microbiome research is that the microbial population of early childhood appears to be critical to human health, in that decreased diversity of the gut microbiome has been implicated in a number of allergic and autoimmune diseases”[\[2\]](#).

Disrupting the gut microbiome can have long term consequences

This means that disrupting gut flora with antibiotics can have particularly severe and long-term consequences during those early years when a child’s internal biome is still in a fragile state.

Disrupting the gut microbiome leads to gut problems, and because gut health is directly linked to immune health, immunity also suffers!

Diminished immunity leads to recurring infections, autoimmune conditions and poor health in general.

Poor health and lowered immunity usually mean more antibiotics, and, before you know it, you or your child is caught up in a vicious downward spiral.

And that’s exactly what Joey’s mother now faces.

The many courses of antibiotics that Joey had during his “terrible twos” likely disrupted his natural, healthy gut flora and set off a host of auto-immune problems such as allergic reactions to dust and cats.

Now, he can’t have gluten anymore without breaking out into eczema and hives. Dairy is making his tummy hurt. And then

there is the constipation.

Poor Joey is having a real tough time with potty-training because of it, so his pediatrician recommends Miralax.

Dr. Kaayla Daniel pointed out in a guest blog post here on my site that Miralax is a chemical that is also used as a toilet bowl cleaner. ([Read “The Poop on Miralax” here.](#)) Why add something else into the mix that comes with its own complications to exacerbate the downward spiral?

So – if antibiotics are the root of the problem, what does it take to *uproot* the problem?

Well, homeopathy of course!

For Joey's ear infections, especially because they initially happened every time one of his teeth came in and also because he was sooooo irritable, Joey's mother could have given him [Chamomilla 200](#) every 6 hours. That would have been a safe alternative to antibiotics and uprooted his ear problems.

There are other good choices for ear infections such as *Hepar sulph* and *Pulsatilla*, but if we can decode outstanding keynotes of the condition, we can better zero in on the remedy choice.

The good news is now Joey's mom has discovered homeopathy and learned more about how immunity is directly influenced by gut health. She's taken my course [Good Gut, Bad Gut](#) to learn how to reverse the antibiotic fallout that Joey is suffering from.

For instance, she has decided to address Joey's food intolerances by using [Calcareo carbonicum 200](#) every other day. *Calc carb* is also great for improving immunity (when the immunity is clearly down), as well as helping with teething, so this is a win-win-win remedy for little Joey's

situation.

Plus, she might also consider *Bovista 200* every other day, as it will also address his gluten and dairy intolerances over time.

Joey's mom is empowered

Joey's mom feels much more empowered because homeopathy has given her more control over the health of her child now by addressing not only his infections when they recur but by also addressing the damage that has been done.

Dealing with a sick little one can certainly be very stressful for a mom, so when she gives him the *Calc carb*, she gives herself [*Ignatia 200*](#), and while she's at it ... she gives her pediatrician the boot! And begins to look for one who is not a throwback from 1970.

What if you can help your family avoid experiencing that whole cycle of antibiotic fallout in the first place by employing homeopathy instead of antibiotics? Well, that's precisely what my newest course is designed to help you do. It's called [*The Antibiotic Alternative: Practical, Proven Homeopathic Protocols*](#). I encourage you to learn more about it by [clicking here](#) – before you or your family get stuck in that downward spiral of recurrent infections.

[1] Rodríguez JM, Murphy K, Stanton C, et al. The composition of the gut microbiota throughout life, with an emphasis on early life. *Microbial Ecology in Health and Disease*. 2015;26:10.3402/mehd.v26.26050. doi:10.3402/mehd.v26.26050.

[2] Massachusetts General Hospital. (2016, June 15). Impact of antibiotic treatment on infant gut microbiome revealed: Antibiotic treatment reduces stability, diversity of microbial population in the first 3 years of life. *ScienceDaily*.



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