



## Not All Infections are caused by the Same Thing

Antibiotics only work with ONE type of infection

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You're sick and you want to feel better so you go to the doctor and voila...you get a prescription for an antibiotic. You get the prescription filled and take it for the 10 days. You begin to feel better; but after the antibiotic is done, the infection symptoms return. Why?



There are 4 different causes of infections that could be causing your symptoms; unfortunately, only 1 of these could be treated by everyday antibiotics. And, unfortunately, **most infections are not caused by something that can be helped by antibiotics.**

### **Bacteria**

Antibiotics kill bacteria. Bacteria are little cells in and of themselves. They enter the body usually through a break in the skin or by eating something contaminated with bacteria (such as a foodborne illness). On occasion, although rarely, bacteria can enter your nose, eyes or mouth after touching something infected with the bacteria, or inhale them through the nose or mouth after talking closely with someone who was infected. Oh yah...and kissing or sharing cutlery with someone who is infected.

The two main classes of bacteria are *Streptococcus* and *Staphylococcus*. *Streptococcus* is known by many people who attribute their throat infections to this organism: “Strep throat”. *Staphylococcus* used to be found only in hospitals where it usually infected everyone who entered the medical hospital; however recently it has been found in people who have not set foot in a medical hospital or clinic.

When the bacteria enter the body, the person usually feels ill pretty quickly. If the bacteria entered the sinuses or lungs, the person starts sneezing, coughing or having increased mucus production. If the bacteria were in a cut or wound, the cut turns red, is painful, and often has pus. If it is in the digestive system, nausea, vomiting and/or diarrhea usually happen. Most people develop a fever, as the body’s way of slowing the spread of the bacteria is through raising the body temperature. Fevers tend to come on quickly and rise to high levels pretty rapidly.

As bacteria are cells in and of themselves, they replicate, making more of themselves. They “spread” by making more of themselves and can be spread to another person if bodily fluids from an infected person find a wound or body cavity of a susceptible person.

As mentioned earlier, antibiotics can kill bacteria so long as the bacteria are not resistant to the antibiotic. Generally, there are 2 kinds of antibiotics:

- **Broad-spectrum:** these are designed to kill a variety of bacteria that share a common composition. These are the ones that get prescribed routinely.
- **Narrow-spectrum:** these are designed to kill only a few bacteria. A culture of the infected material must be analyzed to determine if the bacteria can be killed by one of these special antibiotics. If a culture wasn’t done of your infected material, then you will be prescribed a broad-spectrum antibiotic.

## Most infections are not caused by something that can be helped with antibiotics.

There are several problems with antibiotics, however:

- They are often prescribed for **any** symptoms of an infection, even if the cause of the infection is not bacterial.
- Many forms of bacteria are becoming resistant to antibiotics—meaning they will not be killed by the antibiotic any longer. One such is VRSA (*Vancomycin-Resistant Staphylococcus Aureus*) which is resistant to ALL known antibiotics. People who become infected with VRSA are very sick!
- Antibiotics disrupt the natural balance of good bacteria in your digestive system and a woman's vaginal flora. Broad-spectrum antibiotics do not distinguish between the illness-causing bacteria and the good bacteria that need to be in the body for it to work right. Good bacteria help the body digest food, help with nutrient assimilation, make vitamin K, etc.

The over-prescribing of broad-spectrum antibiotics, the use of many antibiotics on farm animals and the use of antibacterial hand sanitizing gel are three of the main reasons that antibiotics aren't as effective today as they used to be.

### Viruses

**The leading cause of infections is a virus.** Viruses are strands of genetic material that need a host to survive and replicate. As viruses in and of themselves are not technically alive, they can exist on a surface for a long time and still infect a person. It usually takes longer for the virus to impact a person and show an infection than if the infecting material was a bacteria. Two common viruses are the influenza virus and the virus that causes the common cold.

Virus strands have to enter a live cell in your body, insert themselves into the genetic code of that cell and tell that cell to make more of the virus. Each virus

**Sally was first diagnosed with a sinus infection when she was 12.** Over the next year she was on antibiotics once or twice more for another sinus infection; it soon came to the point where she was taking antibiotics monthly, having been diagnosed with a chronic sinus infection. Soon, she took an antibiotic continuously. The sinus infection never seemed to leave.

After developing asthma, the doctor recommended sinus surgery as the sinus infection was believed to be the cause of the asthma. Sinus surgery was performed, but right after the surgery, it seemed as if the infection never cleared (in fact it seemed worse) and again Sally was forced to take antibiotics daily as well as two more drugs for the asthma. The sinus surgeon stated the sinus infections were still causing breathing difficulty and scheduled another sinus operation a year after the first.

This time, the sinus surgeon took a culture of the infected material to determine which antibiotic (or two antibiotics) were needed to clear the infection. It turned out that Sally had two bacteria and yeast in her sinuses. One of the bacteria was a rare strain of *Staphylococcus aureus*; it was only found in hospitals and had been introduced into the sinuses during the surgery the previous year. As Sally was a nurse, she knew the significance of having the bacteria in the sinuses: standard antibiotics could not treat it.

So Sally was prescribed two antibiotics to treat the two bacteria in the sinuses, but received no treatment for the yeast as the doctor did not believe the yeast was actually present—that the lab result must have been in error.

The main concern for Sally was what bacteria had been introduced into the sinuses during this operation.

Even with treating the sinuses with specific antibiotics, the symptoms of the sinus infection returned shortly after the antibiotics were stopped. The sinus surgeon's recommendations: to have surgery every year and to stay on antibiotics daily; however, he stated, there would be a day when Sally would get a bacterium that would be resistant to all known antibiotics.

Sally told the surgeon she would have no more operations and would heal the infections herself. Six months after working with a Classical Homeopath, Sally no longer required antibiotics. It has been 12 years and she held true to her word: she has had no further sinus surgical procedures.

targets a certain type of cell.

For example: a respiratory virus such as the flu will not be able to enter a cell on the skin or digestive tract—it must find a respiratory cell.

Once the cell fills with a virus, it bursts, and each of those million virus strands touch cells nearby and enter, taking over the cell's function. This continues until the immune system becomes aware of the virus and sends special destroyer-cells to “ingest” the **entire** infected cell. Once all infected cells are destroyed, the virus is gone.

Antibiotics do not work for infections caused by viruses because antibiotics only recognize cells that have a certain marker on the cell membrane. Body cells do not have bacterial codes on their membranes that can be targeted by the antibiotics. The viruses are inside the

cells; they do not alter the cell membranes (in general terms) so antibiotics do not attack the infected cells.

There are special anti-viral drugs that are used for influenza and HIV however; one such is Tamiflu®. These can recognize cells that contain a virus. But as for the usual prescription of antibiotics that the doctor gives, they don't work on viruses. Antiviral drugs are rarely prescribed outside the "cold & flu season;" therefore a person usually receives an antibiotic if they have any infection symptoms.

So what happens if you take an antibiotic when you have a virus? For a while, you feel better, but not because your infection is improving. When a chemical is ingested (an antibiotic, for example), the immune system slows for a while as the body's focus is no longer on healing the infection but ridding the body of a toxic chemical. The viral infection is allowed to progress and continue unimpeded by the immune system. When the antibiotic is stopped, the immune system can again attack the virus for its removal. But the virus has had 7-10 days (the length of an average antibiotic) to spread so the infection is much worse now.



Many people experience severe fatigue or a lingering cough after taking an antibiotic when they were ill. Most of the time, these symptoms are the sign that a virus has run rampant in the body, thus weakening it.

The signs of an infection are your body's way of telling you that you have been invaded by something foreign. Shutting down the immune system takes away the symptoms, but does not stop the spread of the virus.

There are 2 ways to get rid of a virus: allow your body to heal itself or take an appropriate anti-viral medication. Not antibiotics, not cold-capsules, not Tylenol®. The best way, of course, is to allow your body to heal itself as anti-viral medication is still a chemical substance—it might help your body remove the virus, but it will still interfere with bodily functions. Also, viruses can adapt and become resistant to the drugs, rendering them ineffective. If you take an ineffective anti-viral drug, not only will it not help you with the infection, it will slow actions of the immune system thus allowing the virus to spread quicker and deeper.

Most viruses “run their course”: the length of time from infection by the virus to the time the immune system has removed the virus. Taking suppressive drugs, or the wrong drugs, lengthens the time of this “course”. For example, the influenza virus usually has 7-10 days of symptoms when the person feels ill. Suppressing the immune system often causes the person to have fatigue, cough and symptoms 2-3 weeks later.

The leading cause of infections is a virus.

A word about antibiotic hand-gels: I often see these special sanitizing gels with the flu ads. But antibiotics do not kill viruses, and viruses that you will get on your hands can still cause an infection, even after sanitizing your hands with an antibiotic gel. It may be harmful to use these gels, however, as they can contribute to antibiotic-resistant bacteria. It is best to use soap and warm water to wash your hands as the soap and water combination will rinse off bacteria **and** viruses.

To kill viruses on surfaces, strong chemicals and/or hot temperatures are needed.

### Yeast & Mold & Fungus

There are several forms of yeast or mold or fungi, but the most prevalent is *Candida albicans*. *Candida* naturally exists in the human body—it lines all body

openings and is in the digestive system. This yeast is needed to protect the body and help nourish the membranes that line the body openings. Yeast are their own little cells/organisms.

**Antibiotics do not kill yeast; but taking antibiotics encourage it to grow.** For example, in the intestines and colon, yeast and good bacteria are in balance. Both are needed. When an antibiotic is taken, the antibiotic often kills the good bacteria, thus creating an imbalance where the yeast will grow to take up the space previously occupied by the bacteria. But the yeast cannot do the beneficial things that the good bacteria could do.

Yeast overgrowth is very common after a person uses an antibiotic. When a person experiences diarrhea during and after antibiotic treatments, the cause is most often an over-growth of yeast due to the destruction of good bacteria.

**The Mayo Clinic estimates that 99% of all recurrent infections are caused by yeast.**

Women often experience vaginal yeast infections after antibiotic use as well. But women also get vaginal yeast infections from wearing wet underwear, sexual intercourse and stress.

It is very difficult to destroy yeast. Medical doctors can prescribe an anti-fungal



drug (such as Nystatin®) which works to put a hole in the yeast cell's membranes thus destroying the yeast. Some natural products on the market talk of boosting the immune system to help it push the yeast out of the body; few are able to destroy the yeast. Taking probiotics or eating yogurt with active cultures is the most beneficial.

**The Mayo Clinic estimated that 99% of all recurrent infections** (those that keep returning) **are caused by yeast**; still most medical doctors continue to prescribe antibiotics for recurrent infections. All infections that do not go away need to be checked for yeast and treated accordingly.

## Parasites

Parasites are little organisms, little bugs or worms. A person who becomes infected with these often have digestive complaints as most infections from parasites occur from eating food that is contaminated, eating pork (by far the most common source of parasites), or drinking from an unclean water source such as a stream. Parasites release toxins and excrement that cause the reactions within the body. General signs of a parasitic infection are digestive related: nausea, vomiting, diarrhea, abdominal pain. On occasion a fever may develop.

There are very few anti-parasitical drugs available from your medical doctor; however most medical doctors do not believe in parasitical infections. There are some natural practitioners that believe parasites can be found in the blood and lungs and recommend natural supplements to assist the body in removing the parasites. It is difficult to kill parasites as they are living organisms in themselves; however the immune system will recognize them as “foreign” and will work to remove them so long as the immune system is strong and not suppressed by chemical means.



Note: Be very wary of any natural health practitioner who uses “muscle testing”, kinesiology or blood microscopy to diagnose you with parasites. Most of the time what follows is a \$200 worth of supplements each month that they recommend you take for 6 months. As there is no proof that a person has parasites (outside their symptoms), such forms of diagnosing have never been proven effective.

## Conclusion

For all infections, it is wise to seek medical treatment and evaluation. Although antibiotics are prescribed for anything that looks like an infection no matter the cause, always question whether or not the antibiotic will assist you. With the leading cause of infections being a virus, which cannot be helped by an antibiotic, by taking the antibiotic you are taking the chance that you will be ill long after you stop the antibiotic, even if you take the full course as prescribed; you may also be sicker.

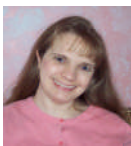
Most medical doctors do not take cultures of an infection—insist on it. Make sure that you actually have a bacterial infection. If you take an antibiotic but don't have a bacterial infection, the antibiotic will kill the good bacteria in your gut, create a yeast over-growth situation, and reduce the effectiveness of your immune system, thus allowing a virus, parasite or yeast to run rampant through your body unchecked by the immune system.

For your health and healing, always ask for a culture to prove you have bacteria that can be helped by an antibiotic. Practice good hand-washing with soap and water, and don't forget to keep yourself in a good space emotionally—it'll help your body in many ways.

Best wishes,

Dr. Ronda

**Disclaimer:** The information provided by Dr. Ronda is for educational purposes only. It is important that you not make health decisions or stop any medication without first consulting your personal physician or health care provider.



**Dr. Ronda Behnke is a distinguished practitioner of Classical Homeopathy and Natural Healing methods.** Amongst her clients, she is known for her exceptional insight and non-judgmental presence. You can contact Dr. Ronda via the website [www.HomeopathicCentersofAmerica.org](http://www.HomeopathicCentersofAmerica.org) or by calling 920-321-0008. "When

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