

Probiotics not Antibiotics

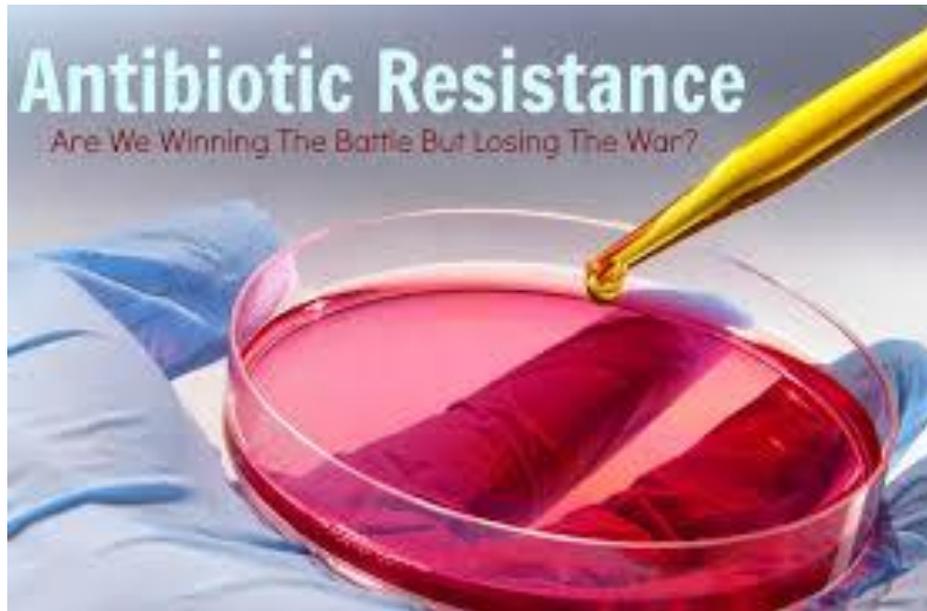
Dr. Mayer Eisenstein M.D., M.P.H.

*Probiotics
Boost the
Immune System*



Antibiotic Failure!

Winning the Battle and Losing the War



The discovery of penicillin in 1928 ushered in one of the greatest changes in modern medical history - the antibiotic era. The apparent results brought about by this new drug, and those that followed thoroughly convinced physicians that infectious diseases might someday be wiped out. Indeed, antibiotics were dubbed "magic bullets" because of their seemingly precise action on the bacterial invaders that contributed to so much disease. The promise of antibiotics [as well as antivirals and vaccines] is fading as problems surface on a variety of fronts. Resistant bacteria, immune suppression, yeast colonization, superinfection, overuse and misapplication of antibiotics (including antibiotics ingested in meat and poultry), and the reemergence of diseases such as tuberculosis, measles whooping cough (once nearly eradicated from industrialized countries), have caused doctors to take a new look at these "miracle" drugs.



Destruction of Friendly Bacteria.

The human body is home to hundreds of billions of bacteria, many of which are vital for optimum health. It is a delicately balanced system much like the rain forests of this planet. Bifidobacteria in the large intestine and acidophilus in the small intestine and vagina protect against infection by yeast and bacteria. Likewise, "friendly" bacteria found on the skin protect against bacterial, yeast and fungal infections. Overuse of antibiotics, especially broad-spectrum antibiotics as well as steroid drugs (such as "the pill"), can seriously disrupt the normal ecology of the body and render anyone more susceptible to subsequent bacterial, yeast, viral and parasitic infection.

Nutrient Loss

Antibiotics can contribute to nutrient loss. By disrupting the population of beneficial bacteria in the gut, antibiotics can adversely influence the availability of Vitamins B1, B2, B3, B6, B12, Vitamin A, and Folic Acid. Zinc and magnesium can also be lost. When antibiotics cause diarrhea, the loss of these nutrients can be significant.

Immune Suppression

Antibiotics can, in some cases, hinder the immune response. For example, children given amoxicillin for chronic earaches suffer two to six times the rate of recurrent middle ear effusion than children who took a placebo. According to Carol Jessop, MD, Clinical Professor at the University of California at San Francisco, 80% of her patients who suffer from chronic fatigue syndrome (or chronic fatigue immunodeficiency syndrome) had a history of recurrent antibiotics treatment as a child, adolescent or adult.

Development of Food Allergies

Antibiotics can contribute to the development of food intolerance. According to Leo Galland, MD, " It's no accident that the most allergic generation in history has been raised on antibiotics. Several times a week I see a new patient whose allergies appeared or became much worse after a course of antibiotics."

Antibiotic Resistant Bacteria

Bacteria resistant to antibiotics are a rapidly emerging problem with potentially disastrous consequences. In 1941, only 40,000 units per day of penicillin for four days was required to "cure" pneumococcal pneumonia. "Today, a patient could receive 24 million units of penicillin a day and die of pneumococcal meningitis." Strains of *Streptococcus pneumoniae* that are resistant to penicillin also have decreased susceptibility to broad-spectrum cephalosporin antibiotics.

A similar situation exists with regard to other antibiotics. *Haemophilus influenzae* is a bacterium responsible for ear infections, sinusitis, epiglottitis, and meningitis. In 1986, roughly 32 % of the strains of this bacterium were resistant to ampicillin, the drug most commonly used against it. In Barcelona, Spain, 50 % of *H. influenzae* type B are resistant to five or more antibiotics, including chloralphenicol and trimethoprim-sulfamethoxazole, the most commonly used alternatives to ampicillin.

Antibiotic resistance also knows no age boundaries. The bacterium *E. coli* is a common cause of bladder infection in men and women. In the United States, roughly 40 % of the strains of *E. coli* isolated from the urine of geriatric units were resistant to trimethoprim-sulfamethoxazole. In a recent outbreak of pneumococcal pneumonia in a day care center, carriers of a penicillin-resistant strain of the bacteria were more likely to have received preventive antibiotics for recurrent ear infections.

Overuse and inappropriate use of antibiotics have led to the current crisis. 2014 update nothing changes, even the CDC realizes the over abuse of antibiotics. However, they still have not come to the conclusion that we need to implement

safe time honored treatments as the first plan of treatment. Treatments like high dose Vitamin D, Vitamin C and Probiotics.

"The overuse of antibiotics in U.S. hospitals and in doctors' offices are putting patients at risk and helping to fuel the creation of deadly Superbugs, according to a government report released on March 4, 2014.

Over prescribing antibiotics is making many of these antibiotics drugs less effective because Superbugs resistant to them are developing so fast. The practice also can sicken patients, by making them vulnerable to other types of infections such as Clostridium difficile, a bacterial infection.

According to Michell L. Cohen of the Centers for Disease Control, "Unless currently effective antimicrobial agents can be successfully preserved and the transmission of drug-resistant organisms curtailed, the post antibiotic era may be rapidly approaching in which infectious disease wards housing untreatable conditions will again be seen.

Vitamin D Vitamin C and Probiotics to the Rescue!

Overuse and inappropriate use of antibiotic, antivirals and vaccines have led to the current crisis. The new paradigm is Vitamin D, Vitamin C and Probiotics.



Pro-C™

Pro-C is Sugar-Free, contains Probiotics and available in Tablet and Powder form.

Natural Pharm Source Pro C Tablets are a sugar-free chewable vitamin packed full with 750 mg of Vitamin C AND 2.5 Billion CFU (colony forming units) of our Probiotic blend per tablet.

The **Pro C Powder** provides 4 grams of Vitamin C per teaspoon, mixes easy with water, is pleasant tasting, is flavored with Stevia not sugar, and it has 20 billion CFU of our Probiotic blend per teaspoon to enhance potency and absorption.



Vitamin C can kill every virus known to mankind

by Jonathan Landsman

(NaturalNews) If you suffer from fatigue, muscle weakness, achy joints and muscles, bleeding gums or leg rashes - you could be vitamin C deficient. Everything from the common cold to cancer can't resist the healing power of vitamin C. In fact, there is not a known virus that can survive in the presence of this essential antioxidant.

Read more.....

Vitamin D₃ action

Disease Incidence Prevention by Serum 25(OH)D Level

Serum 25(OH)D, ng/ml: 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68

← 40-60 ng/ml suggested range →

Studies of Individuals

Condition	Prevention %
Cancers, all combined	77% with calcium
Breast Cancer	30% (with calcium 83%)
Ovarian Cancer	12% (with calcium 17%)
Colon Cancer	31% (with calcium 60%)
Non-Hodgkins Lymphoma	12% (with calcium 18%)
Type 1 Diabetes	25% (with calcium 66%)
Fractures, all combined	25% (with calcium 50%)
Falls, women	72%
Multiple Sclerosis	33% (with calcium 48%)
Heart Attack (Men)	30% (with calcium 49%)
Natural Experiments	30%
Kidney Cancer	23% (with calcium 49%)
Endometrial Cancer	37%
Rickets	50% (with calcium 99%)

Only Rickets Prevented at 20 ng/ml

40-60 ng/ml to Prevent Majority of Diseases

LEGEND:
 All percentages reference a common baseline of 25 ng/ml as shown on the chart.
 % reflect the disease prevention % at the beginning and ending of available data.
 Example: Breast cancer (not colorectal) reduced by 30% when the serum level is 50 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 60 ng/ml vs the baseline of 25 ng/ml.
 The 'X' in the bars indicate non-referable extrapolation from the data but are beyond existing data.

Chart prepared by: Garland CF, Baggerly CA

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All cancers up to 77% with calcium

Type 1 diabetes by up to 66%

Falls by 72%

Heart attack by 30%

Pregnancy complications (preeclampsia, infections, pre-term labor) by up to: 50%

Colds, flu, and other respiratory infections by up to: 60%

Dental cavities and a multitude of other childhood and lifelong diseases !

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WHERE D Comes From...

YOUR DATA, YOUR ANSWERS
 Vitamin D Status by Indoor Tanning Use for Non-Supplement Takers (N=1003)

Use of Indoor Tanning in Prior 6 Months	25-50 ng/ml	51-75 ng/ml	76-100 ng/ml
None	25%	7%	3%
1-2 times	38%	18%	10%
3-4 times	21%	25%	28%

YOUR DATA, YOUR ANSWERS
 Average Serum Level by Vitamin D Supplement Amount (N=15006)

Daily Vitamin D Supplement Amounts (IU)	Average Serum Level (ng/ml)
100	32
200	37
300	41
400	44
500	46
600	49
700	52
800	55
900	58
1000	63

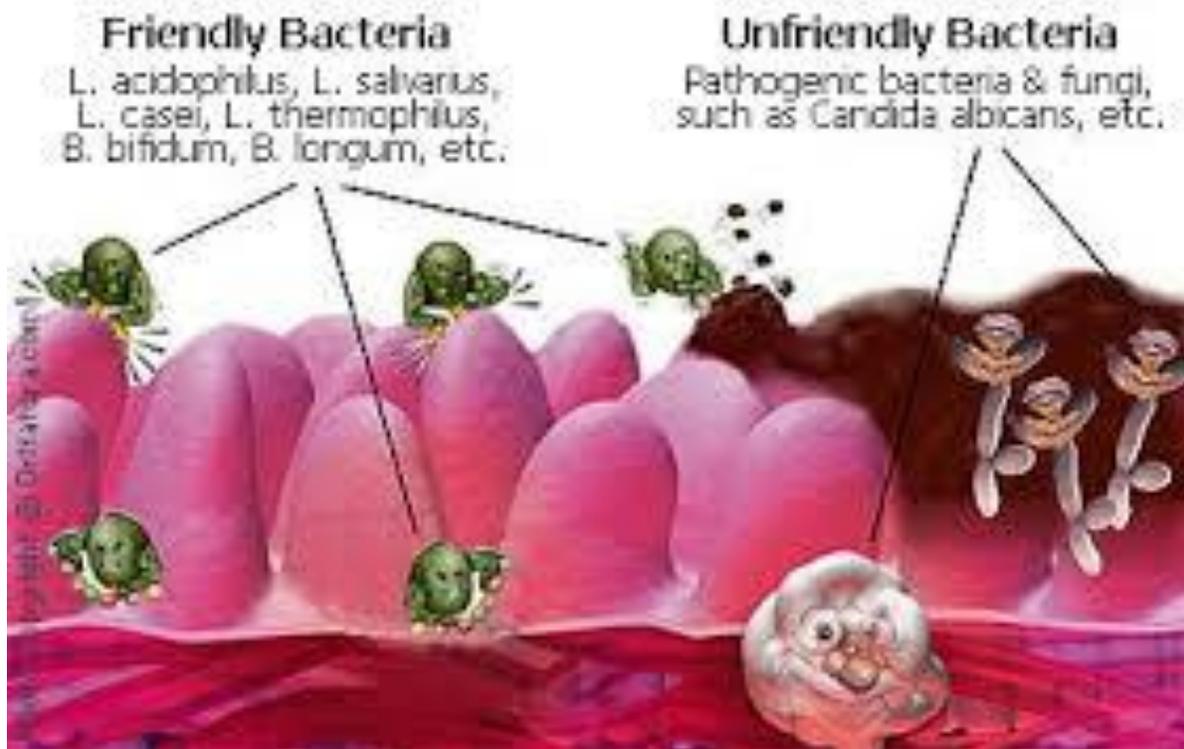
Average Change in Serum Level Based on Intake (IU/day)

Expected Level (ng/ml)	20	30	40	50	60	70
Current Level (ng/ml)	10	1000	2200	3600	5300	7400
15	500	1700	3200	4900	7000	9700
20	1200	2600	4300	6400	9100	
25	600	2000	3700	5800	8600	
30		1400	3100	5200	7900	
35		800	2500	4600	7300	
40		1700	3800	6500		
45		900	3000	5700		
50		2100	4800			
60				2700		

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10 More Reasons to Take Vitamin D

Read more.....



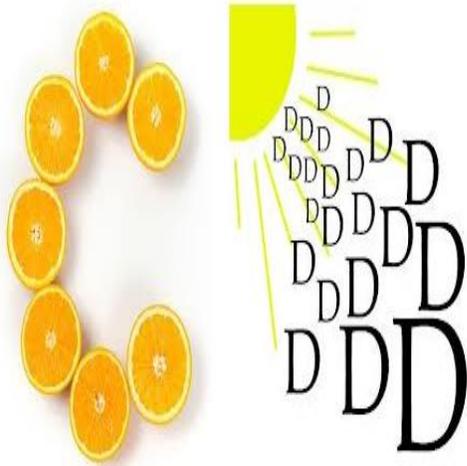
Probiotics, Probiotics and More Probiotics

Probiotic means “for life” (as opposed to antibiotic which means “anti life”).

Probiotics are living microorganisms (bacterial or yeast) which, upon ingestion in certain numbers, exert health benefits beyond inherent basic nutrition.

Read more.....

Dr. Eisenstein's Vitamin D, Vitamin C and Probiotic Recommendation



Read more.....



