

Week 23 (2017)

Alternatives to AntiBiotics

Health News (Week 23 – 2017)

By Robert Redfern

The Failings of Antibiotics

If you read serious newspapers and research you will know that a catastrophe is unfolding and antibiotics are failing to deal with dangerous bacteria. This is caused by their inappropriate use by doctors and their promotion by greedy drug companies. They have been pushing them as much as possible to everyone around the world so that they are used for minor and inappropriate things such as viruses (colds, sore throats etc). Billions of doses are now being used around the world.

Life Saving Antibiotics

To be clear, antibiotics saved the life of my wife Anne when she developed meningitis back in 1957. She was rushed to hospital just before her 7th birthday and the doctors and nurses spent many weeks caring for her. She would have had no such luck if they had used a new strain of antibiotic to save her life. Before antibiotics, around 90% of children died and the remaining survivors ended up with life changing side effects.

What Went Wrong?

To be clear, I am not blaming the antibiotics, rather I am blaming the drug companies and their inappropriate use by doctors.

Some may say I am talking with hindsight and no one could have predicted this catastrophic outcome. That is plain wrong. The inventor of modern day antibiotics, Alexander Fleming, at his Nobel Award for Medicine in 1945 predicted that inappropriate use of antibiotics could one day cause such a catastrophe that is unfolding before our eyes in the 21st century.

Why was his warning not printed in large letters on every pack and prescription? Well 70 years later we still do not have large warnings on the packets of drugs showing their potential side effects. Nothing changes except most drugs eventually fail to live up to their possibilities and we now have the internet to educate ourselves about their side effects.

Antibiotics in Animals

Drug companies even sold this wonderful miracle of antibiotics, in huge quantities, to farmers for intensive rearing of animals and poultry. Factory farming of animals and poultry is a very unhealthy thing for the animals and the people that eat them. To make these meats disease free they are continually doused with antibiotics.

Virtually all infections suffered by humans have origins in unhealthy rearing and eating of such meats. Even in ancient times, people used to live with their animals and poultry in the lower part of their dwelling which was (and still is) a breeding ground for bacteria and virus. They still do in many parts of the world.

In advanced countries the combination of factory-farmed animals eating huge amounts of high glycaemic foods such as grains, cereals, corn and other sugary products is a ticking time bomb.

Most bacteria and viruses are anaerobic – they live off sugar. Feed the animals high sugar foods rather than natural greens and they become sick and diseased. Along with eating sick meat and more grains and cereals, humans are exposing themselves to weaker immune systems and a higher risk of infections. Douse that infection inappropriately with antibiotics and we have a catastrophe.

Pasture raised animals and poultry have little or no infections and especially if they are supplemented with various essential minerals such as selenium. The pasture they eat must also be naturally nurtured to maintain a healthy probiotic in the soil and vegetation.

What can we do?

Many untreatable infections are now found in hospitals after they make their way via the patients.

In 2014, the World Health Organization (WHO) warned that humanity is approaching the post-antibiotic era – a world in which antibiotics will no longer be effective, and even minute contaminations may be life threatening.

The very best protection you can use for you and your family is lifestyle. It is no coincidence that those with the most unhealthy lifestyles are the sickest.

A Healthy Lifestyle Includes:

Stopping eating: Grains, cereals, corn, potatoes and of course all high sugar foods and drinks.

Eating mostly: Greens and other colourful vegetables. Nuts, seeds, and beans. If you are eating meats and fish make sure they are naturally reared (Paleo is one such way) and wild caught fish.

Try not to sit down for more than 3 hours per day and try to walk 3-5 fast miles every day. Drink around 6 x 500ml (16oz) glasses of water over the day with a pinch of bicarbonate of soda in each glass.

Taking daily Probiotics (which many educated doctors around the world at least recommend while taking antibiotics) is a sensible thing or at least 2 to 3 times per week. The most

powerful probiotic is [Prescript Assist](#), which is backed by a human clinical trial and contains x29 strains of friendly bacteria (soil based).

Stay happy, even if you are unemployed. Learn to grow food in any old containers if you do not have access to a garden. Join a local cooperative. Or simply do voluntary work helping your community.

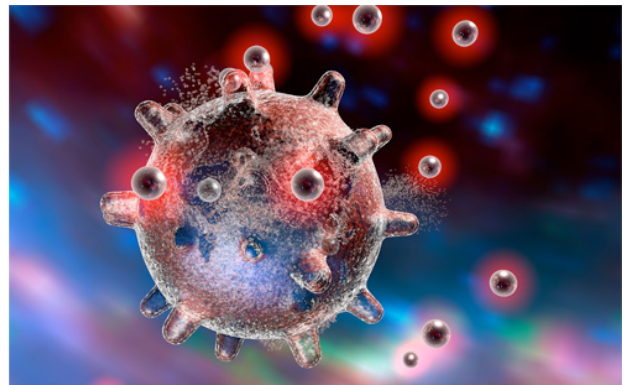
Alternatives to AntiBiotics

Silver has been used for thousands of years but now researchers have shown that tiny particles are both more effective and safer for killing all bacteria and viruses. There are many studies continually being produced but the media and the medical system do not take too much notice.

Prevention is of course better than waiting until an infection occurs and so supplementing daily to ensure it eventually reaches all parts of your body is a more sensible approach. My family and pets all get their daily doses of silver. Read more [here](#) on silver:



Destruction of a bacterium by silver particles.



Destruction of a virus by silver particles.

As well as stopping high sugar foods which deactivate your immune system you can strengthen it by taking various supplements. Beta Glucans are the most studied and shown to be effective; Selenium is critical, Vitamin D3 is now recognised as an immune superstar, so are Vitamin C, Zinc, Elderflower fruit extract and many more.

The good news is you can get all of these and more in my Daily Immune Protection (DIP) unique formula. You can read about the x10 amazing ingredients in my previous article [HERE](#) Or Click [HERE](#) for more info.

Remember:

A strong healthy body come from a healthy lifestyle – definitely not Pharma drugs. Supplements are only one part of a healthy lifestyle.



The evidence for the power of HydroSol Silver:

- [Http://lifesilver.com/facts/studies.htm](http://lifesilver.com/facts/studies.htm)
- **The New Silver Solution**, Kenneth S. Friedman, Ph.D. © 2006, p. 17, 2nd paragraph
- <http://www.ias.ac.in/currsci/oct102006/926.pdf>; **The New Silver Solution**, Kenneth S. Friedman, Ph.D. © 2006, p. 10, 3rd paragraph
- **Congressional testimony of William D. Moeller**, presented April 26, 2005, pp. 2, 4
- **The New Silver Solution**, Kenneth S. Friedman, Ph.D. © 2006, p. 14-15
- Roger J. Altman, Ph.D., **The Body's Ability to Eliminate Silver** study, 1999
- [Pedersen-SilverSol](#)
- **Silver Sol Fights off MRSA and other Superbug Infections** – Bowler PG, Welsby S, Towers V, Booth R, Hogarth A, Rowlands V, Joseph A, Jones SA. Multidrug-resistant organisms, wounds and topical antimicrobial protection. *Int Wound J.* 2012 May 29.