

ST JOHNS HEALTH CENTER

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Giving Babies Antibiotics?

In infants and children, antibiotics should be avoided, period. In almost all viral cases, they are of no use and simply insure that another cold, flu, or ear infection will be coming along in a few weeks or months. With ear infections, they almost insure repeated infections, often ending with holes through the eardrums for the placement of tubes.

What do repeated antibiotics and other drug therapies produce? Not what you would hope for and expect. They never strengthen the immune system. They have no effect over viral infections, which make up most of infant and childhood problems. They have massive side effects that often go unnoticed until later years. They wreak havoc on the intestines and can permanently damage the enamel of teeth. Because antibiotics destroy good bacteria in the gut and yield an overgrowth of harmful bacteria, the gut lining is compromised. This compromise can cause lasting digestive problem and may cause a child to be at a much higher risk for asthma later on in life.

The Center for Disease Control is constantly warning physicians about antibiotic resistance. This is an increasing problem, which is a result of over prescribing antibiotics. Childhood colds and ear infections are mostly due to a viral component and should be evaluated by a physician as such. So why do physicians still prescribe and prescribe to children who do not need drugs? Because the average physician has no alternative. That's correct—the average physician has no idea about healthy nutrition for infants and children.

Antibiotics are not the enemy. Since the development of antibiotic, they have been an extremely useful tool for doctors to combat overwhelming infection. However, prescribing antibiotics irresponsibly can cause a great deal of harm. For the sake of our young ones, natural nutrition must become the “gold standard in medicine” for children, instead of chemicals or injecting a flu serum (flu shot) into a developing infant. Avoid antibiotics entirely, except when used as designed—for overwhelming bacterial infections. For more information, please contact Dr. David at the St. John's Health Center.

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