



## Delmar Wellness Center

Holistic Therapies for Optimum Health

### *... The Rise of the Super bugs Will Surpass Antibiotics.*



#### What I know about immunity?

It may not be your experience and you may or may not agree, but growing up in a chiropractic family we never got vaccines, pain killers, antibiotics -- none of it.

Here's what I know. When I traveled overseas and had to prove I had immunity to various childhood illnesses the blood tests showed I had the immunity!

How?

The old fashioned way.  
Exposure followed by immune competence.

When my kids were born I knew what to do. Was it easy? No.

Most parents, especially first timers, freak out when they see their kid with a fever or a



severe cough.

What they don't know is that most of these problems are self limiting and resolve naturally with the right herbs and chiropractic support for immune function.

Antibiotics are given mostly for convenience and to ease the anxiety of the parents. Parents often demand "something be done" but what they don't understand is that they are setting their kids up for problems later in life.

I can't tell you how many times I see IBS and IBD cases and the health history says "multiple rounds of antibiotics as a child"

And it is not some random correlation. Read here:

<http://www.ncbi.nlm.nih.gov/pubmed/23008454>

Prevention is the new game. If you're not taking a long view of your health -- you'll get acute care and all the risks that attend it.

Dr. Olejak



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## Super Bugs in 2050 Kill More Than Cancer

If current antibiotic prescription trends don't change, untreatable "superbugs" could kill more people than cancer by 2050, according to a new review by economist Jim O'Neill. Deaths from these drug-resistant could reach 10 million per year worldwide by 2050, with costs ballooning to as much as \$100 trillion.

The review was commissioned by U.K. Prime Minister David Cameron in July, and outlines the growing problem throughout the developed world of over-prescription of antibiotics. This over-prescription, coupled with people not completely finishing their course of drugs, makes the bacteria resistant to future treatment. Some diseases, like gonorrhea, are already immune to the majority of antibiotics traditionally used to fight it.

The cost of stopping the problem is significantly lower than the cost of not stopping the problem."

## Chiropractic And Herbs Support Innate Immunity

Many people have no idea there are direct connections between the spine and the spleen and between the spine and the gut; where 70% of immunity resides.

We need to change our thinking when we get sick and immediately reach for natural solutions like chiropractic and herbs, because the use of antibiotics might actually kill you in the not too distant future.

The other thing is that every time you use an antibiotic you weaken your immune system in two ways:

1. You rob your body the chance to fight the infection and develop the critical immune memory to mount future battles.
2. You damage the gut when the antibiotics wipe out both the beneficial flora and the so-called bad bugs. Did you know those so-called bad bugs are always there? The body and the gut flora keep them in check. Alter that delicate balance and now future infections are much easier to acquire.

Source: <http://health.usnews.com/health-news/health-wellness/articles/2014/12/11/superbugs-to-kill-more-than-cancer-by-2050>



***Learn More About Immunity  
3 Herbs That Promote Immunity***

***Tues, Jan 6th 2015***

***7 - 8:30 pm***

***RSVP Today at***

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