

Almond

Others may be interested in this? One more reason to read labels carefully. Recently, I was in a supermarket and wondering why there was a sale on generic store brand butter. When I read the ingredients, I saw that it contained natamycin. That is an antibiotic. I wondered about that. Marketers tell us we should assume it is safe because "it is natural". Well, so is arsenic. When it comes to poison, the toxicity is determined by the dose. (Or the frequency of ingesting foods containing additives. The cumulative adverse effect can be exponential rather than linear.) I am also reading ingredient labels on some simple canned foods.

I think to myself that I never add anything except salt when I do home canning of meat or vegetables. There is no "good" reason to add so many extra ingredients to simple foods. A while ago, I was absolutely grossed out when a dinner guest and tasted the most awful canned carrots. I could not eat what was on my plate. Not only were there brown spots, but I later read the label and saw there was corn syrup added to canned carrots. Why?!? Part of the reason for so many additives is that the food industry cannot provide us with safe, fresh, healthy food. If it is produced in a healthful manner, it will likely have flavor and not need artificial flavoring.

Chemical additives usually enhance profit or reduce the manufacturers liability, not benefit the consumer. In my experience, most supermarket food is unfit for human consumption and it is only getting worse. I would not even consider feeding much of it to animals, although even feed and pet food is also getting to be adulterated or low quality. We must perform many of the basic functions of life ourselves and become ever more self-reliant if we want to remain healthy and free people. Dependency is a trap. It is an illusion to believe that govt or grocers are responsible for making sure you have food to eat.

Posted On 02/13/2024

brianallen1

I visit Kroger on the first Wednesday of the month for Senior 10% Discount Day. I used to buy over \$200 of food. Now it is closer to \$20. I can no longer find anything edible.

Posted On 02/13/2024

bchristine

I've never understood why SUGAR is added to all conventional soups ... vegetables can be naturally sweet if they are of decent quality, along with herbs and spices for flavoring, so why add SUGAR?

Posted On 02/13/2024

Eevee

Been a label reader for years too, sugar is added to nearly everything...it's nuts...!!

Posted On 02/13/2024

Lee1959

So right, Almond. Just recently I was chatting with my husband re: all he can do and all I can do. For me crocheting, needlepoint, fixing things on a small level (thx to youtube which is where it shines in my mind), sewing, gardening, canning, freezing, drying veggies, making things such as applesauce, beekeeping, keeping chickens. And on husband's end, his sheer strength, chopping down trees at our cabin, feeding them into a log splitter, hauling it home, installing a wood burning stove in our primary home, making time for a few good friends to add advice and help to our lives (sorry, I am not that sociable, not a very good thing, but there you have it), hunting, etc.

And I hurt for the younger generation who does not know how to do anything! Except stare at their phones. Then I think of the generation before us. They were far more self-sufficient than can even be comprehended! They made their own candles and soap! They made their own clothes, they roofed their own homes with cedar shakes that they made themselves! Sigh

Posted On 02/13/2024

Almond

Lee and all... None of us can do everything and we do not need to. However, we must prioritize and do what is most important in each of our own situations. For us, some things are part of our longer-term plans as we realize we cannot do everything at once and some things must take precedence. Basic foodstuffs are under control, though. -And, good water. Will be getting a new, very efficient wood stove installed soon and have plenty of wood to burn. Wood is dependable and cozy. I just learned that the newer wood stoves are carbon neutral--I wonder how the enviro-wackos will try to put a spin on that to make sure more people starve and freeze in the dark...

I have been pruning and doing orchard and vineyard work today. My efforts are nothing spectacular, but "good enough" to keep us fed. Our home and garden may not make the pages of Sunset magazine, but it meets our needs. We may miss one fishing trip this week, but there will be other fishing trips. I am disappointed, but understand that our work is a priority. There will be more fish another day, some kind or seafood or other. I just like to follow the seasons and have more variety in our menus. I have all the seed I need for extensive planting. I will plan to plant extra for other people and critters this year. -continued-

Posted On 02/13/2024

Almond

-continued- February is a good month to shop many sales. A lot of merchants put the trashy merchandise out to get rid of it right after Christmas when people have gift money burning a hole in their pocket. This is the mark-down time when many brand-new unwanted Christmas gifts show up at secondhand stores and are marked down to the lowest price. Also, stock up on what you will need for caning season to spread your expenses out over the year. Consider gift items and what things will be in even shorter supply by the end of the year. Maybe you know someone's favorite lingerie brand. (Underwear is getting expensive!) Nice work gloves?

Winter wear? Reusable canning lids? Also, plan what you will have as homemade gifts. What is someone's favorite food? Would they appreciate a "blessing box" filled with useful household supplies and foodstuffs? Something practical? (One year, I bought used jars and made a case of salsa from our garden for a relative. I am surprised how many people look forward to my wild berry jams and jellies. Home-brewed wine and venison sausage. Such cheap, simple gifts. Practical.) As for food gifts, some people will never forgive me if I forget their favorites...

they have everything they need and plenty of money, but crave food made from my recipes and homegrown ingredients. This year, I will also make wooden toys. Firewood is often free in cities when people remove trees... if you have a truck, split and haul a load of wood for an elderly or handicapped person. Plan ahead to watch craigslist free for gently-used children's toys, too. You don't have to spend a lot of money to do things nicely that will be appreciated. You can have a very high standard of living without spending a lot of money if you are resourceful.

Posted On 02/13/2024

Guillermou

Antibiotics for people, antibiotics for animals in factory farms glyphosate in ultra-processed foods, fluoride in water, etc., increasing environmental pollution causing chronic and degenerative diseases that now affect almost 40 million Americans between 18 and 34 years. In 2050, antibiotic resistance will be responsible for 10 million deaths annually, If diseases in which resistance played a certain role are counted, the figure rises to 5 million deaths. This global health problem is one of the biggest threats to modern medicine. [www.thelancet.com/.../PIIS0140-6736\(21\)02724-0/fulltext](http://www.thelancet.com/.../PIIS0140-6736(21)02724-0/fulltext) (2022).--
www.sciencedirect.com/science/article/abs/pii/S0882401022005368 (2023).---- Glyphosate herbicides induce antibiotic resistance in deadly hospital-acquired bacteria.

Previous research shows that glyphosate, 2,4-D and dicamba can create resistance in Salmonella and E. coli. childrenshealthdefense.org/defender/glyphosate-weedkillers-antibiotic-.. Several dispersal mechanisms have been described, but the transport of both microbes and antibiotic resistance genes (ARGs) via atmospheric particles has received little attention as a global dissemination pathway. Pollution must be reduced to reduce the risk of global dissemination of antibiotic resistance genes.

Rivers are also important in the spread of antimicrobial resistance www.nature.com/.../s41396-020-00780-2 (2020).---- www.sciencedirect.com/science/article/abs/pii/S0043135423014707 (2024).----- As Dr. Mercola reports, antibiotics alter the intestinal flora, which in turn is the cause of multiple pathologies. It has been found that antibiotic use may increase the risk of developing colon cancer, potentially more so among younger people. www.abdn.ac.uk/.../15702 (2022) academic.oup.com/ije/article-abstract/52/5/1448/7000300?login=false (2023).----

Posted On 02/13/2024

Guillermou

The future could be terrible between antibiotic-resistant bacteria and the destruction of the immune system by “vaccines” based on the damage that vaccines cause to our immune system. Vaccines help the virus infect you (by suppressing your immune system). immune system, probably permanently every time we get injected, according to Dr. Ryan Cole). It means they lied to us.

stevekirsch.substack.com/.../new-study-shows-vaccines-must-be (2022).---- In this study apple cider vinegar (ACV) may have powerful antimicrobial effects directly on resistant E. coli and MRSA.

www.ncbi.nlm.nih.gov/.../PMC7817673 (2021).----- The combination of Manuka honey with turmeric and black pepper is a powerful and effective antibiotic for ailments and diseases such as indigestion, cold, flu, asthma, hypertension, blood sugar, arthritis, diabetes, heart disease, depression and anxiety, inflammation of wounds and burns, eczema, psoriasis, acne, and aging. Adding cinnamon is excellent for coughs, colds and nasal congestion as it helps clear mucus. kripalu.org/resources/boost-your-immunity-ayurvedic-honey-turmeric-and.. .-----

Posted On 02/13/2024

Almond

Being the bread basket of the nation, the high water table in the Midwestern US is of special concern when contaminated. many farmers must ditch to drain water. There is the East Palestine crisis. Also, many fields are contaminated from years of using glyphosate and atrazine. This concentrates near the surface and enters waterways. Then, people wonder why there are 6-legged frogs and gender dysphoria. The messaging system in the body does not function properly when obstructed by toxins. There are studies showing an increase in cancer among younger people. They are prob more likely to be jabbed as a requirement for education or employment. Crammed into apartments, they are likely to rely on municipal water supplies with chlorine and/or fluoride added. many admit they do not know how to cook and rely on processed foods and microwaves. People consume additives in foods that they would never eat by themselves on a spoon--or, hopefully not feed to their children.

Posted On 02/13/2024

Guillermou

Unfortunately, the production and use of medicines, antimicrobials and pharmaceuticals are increasing globally, along with the risk of their ingredients and breakdown products reaching the environment. The effects of such contamination can pose risks to human health. and ecosystems. Antibiotics in soil and water, for example, encourage the development of antibiotic-resistant bacteria. And while effective wastewater treatment can remove many chemicals, other chemicals that are even more difficult to remove can reach soil and water through treated or untreated wastewater. Other sources of manufactured compounds entering surface and groundwater include effluent from hospitals, landfills, and aquaculture.

Although surface waters (rivers and lakes) are more likely to be contaminated, it is crucial to assess the risk to human health and the environment of contaminants in groundwater, researchers say in a new literature review. Not only is there less chance of oxidative decomposition in groundwater compared to freshwater, but some populations depend on it to meet their water needs. Groundwater in some geologies, such as karst (e.g. limestone), has been shown to accumulate non-degraded contaminants such as anti-inflammatory drugs and pesticides.

A study of nearly 600 aquifers in France in 2013 found that a third were severely affected by chemical pollution. Meanwhile, some rivers are recharged with groundwater, bringing pollutants with them. The researchers carried out a bibliographic review of studies from all continents of the world on the contamination of groundwater with these products. The study reveals that traces of pharmaceutical compounds (including painkillers, antibiotics, lipid regulators and beta-blockers) have been found in groundwater around the world.

Posted On 02/13/2024

Guillermou

According to a study, comparing data from the USA, Switzerland, Taiwan, Nigeria, Spain and India, these last two countries had the highest levels of antibiotics, beta blockers and lipid regulators in groundwater. In studies carried out in groundwater High levels of carbamazepine (an antiepileptic), of 1,000 ng/l and 2,300 ng/l, as well as caffeine (more than 14,000 ng/l), have been found in American and European underground water bodies. Studies published in the last four years show that triclosan and triclocarbon (antibacterials) are commonly found in groundwater in many countries.

Meanwhile, the insect repellent diethyltoluamide (DEET) is ubiquitous in European groundwater .

www.sciencedirect.com/science/article/abs/pii/S0301479722012762 (2022).---

www.sciencedirect.com/science/article/abs/pii/S0048969722051567 (2022).--

www.mdpi.com/.../66 (2022).-- [www.theguardian.com/environment/2019/apr/08/pesticides-](http://www.theguardian.com/environment/2019/apr/08/pesticides-antibiotics-pol..)

[antibiotics-pol..](http://www.theguardian.com/environment/2019/apr/08/pesticides-antibiotics-pol..) (2019).-- [beyondpesticides.org/dailynewsblog/2019/04/europes-waterways-](http://beyondpesticides.org/dailynewsblog/2019/04/europes-waterways-contamina..)

[contamina..](http://beyondpesticides.org/dailynewsblog/2019/04/europes-waterways-contamina..) (2019).--- environment.ec.europa.eu/research-and-innovation/science-environment-p..

(2023).---

Posted On 02/13/2024

Excuseme

Whoa, wait a minute! There's something missing from this article! Something changed, some law restricting routine use of antibiotics on livestock. I bet it was 2020 or '21, because I had bees then, and there were people grumbling because you couldn't just dose your bees with tetracycline if they caught something, you would have to go to a veterinarian to get it. And the coccidiostats in the poultry starter feeds, that vanished. Who of us with chickens knew that the starter feeds were full of arsenic? That 4 old arsenic based drugs approved in the 1940's had made confinement chicken farms possible, and had seriously contaminated Arkansas's rice fields?

The weird part is, not having arsenic in the feed doesn't seem to make much of a difference. Actually, if you want to know more about the subject, Louis Bromfield wrote in one of his books (wasn't Malabar Farm) about their discovery that if you didn't clean the barn all that well,(due to labor shortages in The War), skipped the disinfecting and just added more bedding, that the chickens were much healthier.

He said, you see that stupid hen scratching and pecking where there's obviously nothing for her to eat? There's funguses growing in the bedding, and she's medicating herself. It's like the pastured cattle picking and choosing what they need that day. If of course, the farmer doesn't spray one of those killer compost sprays, the aminopyralid herbicides, that kill all the broadleaved plants. Anyway, back to the subject, I think the system worked it's way around that new law.

Posted On 02/13/2024

Eevee

We called adding more bedding "deep littering" it was only done in harsh winters to keep animals warm, then complete clear out in spring and lighter bedding for the rest of the year.

Posted On 02/13/2024

Lee1959

I am glad you mentioned that re: beekeeping, Excuseme. I have been beekeeping for over 10 years, and I have not been able to overwinter them (except one year when I bought a nuc from an Amish family way in northern MN very close to the Canadian border; they were acclimated to MN weather). I have done everything right, rotating the deeps, fumaric acid, examining frames, the whole nine works. It has not worked, and I have come to believe that our environment is poisoned. Glyphosate is endemic, our skies are being fed chaff through the form of chem trails, everyone wants a carpet looking lawn, etc. So the bees go into winter with the "flu" so to speak, and have no way to overcome their weakness. I discussed with my husband about just milking the bees for all they are worth by adding supers right away and either driving them from the hive in the fall with a smoker or just letting them die.

My conscience is struggling with this right now . . . But no matter how hard I have tried to overwinter them, they are dead in the spring and the disgust of cleaning out thousands of fat bees that are molding is very disheartening, year after year, and I don't want to eat honey that has moldy bees on it . . . And I am a very small level hobby beekeeper. The same has been happening to much larger scale beekeepers that I know, maybe having hundreds of hives and losing 85% of them! People far more brilliant in this area than me are losing 10's to hundreds of thousands of dollars!

Posted On 02/13/2024

juststeve

A closed loop death spiral. Too many prescribed to the human population as well as the Livestock. Round and round it goes until one of the once most useful tool in the Allopathic Medicine tool box becomes useless. Joel Salatin, Will Harris, others involved in Regenerative Farming express they Do Not Need Antibiotics, their animals have a healthy active Immune system. We could too if we had an actual Healthcare System. A decades long slow kill depopulate Unnecessary People.

Posted On 02/13/2024

Guillermou

Yes, Just, large corporations want to monopolize food, the pharmaceutical industry, energy, population control, and they use the spirit that encourages them in the Great Reset, the global technocratic corporate coup promoted by Gates' friend and partner, Klaus Schwab of the WEF are the creators of a false science of genetically modified foods, proteins, chemicals and pharmaceuticals, vaccines and they sell us as "sustainable solutions." The billionaire club is having a destructive impact around the world. Their single-minded pursuit of profit has undemocratically imposed uniformity and external control over finances, food, energy, information, healthcare, and even relationships.

Posted On 02/13/2024

juststeve

Thank you Professor! Their attempts to remove us from this world and put a picket fence around it for their use only is doomed for failure. As more and more has consolidated into one giant controlled pipeline for the control they want, the more unstable it all gets. Eventually something will pull on one of the many giggle pins somewhere and it will collapse. Better for us to prepare and have as much ability to carry on. Along with it all will bring also bring a collapse in many parts for their control machine to function. This also means we have to build to do on our own as much as possible before this occurs.

For decades the WEF have been meeting and the Legacy Media have reported how the Ta Ta's are meeting in Davos to enjoy divine meals, show off their wealth status symbols. Ignoring for the most part their Globalist It's all ours agendas. What has entered the Public's Awareness is the WEF's openly expressing this agenda, so No Tin Foil Hat Conspiracy's, it's their bullet point guidelines, in books whatnot. The cat is out of the bag, as more know and realize the opportunities for constructive solutions for Us, Humanity, Life itself become more available.

Posted On 02/13/2024

spp3369

Do Regenerative Farmers use any vaccines ever? As we now are well aware, it's now standard practice to just "call it a vaccine".

Posted On 02/13/2024

juststeve

Can't speak for all of them, but if the memory is working it seems of course rare occasions would call for some outside treatments from vets. Most express how once they can get over a huge hill, established, they can leave such things behind. A seldom used go to when absolutely necessary, what it all should be in the first place. It would be best for someone who is full scale into Regenerative raising of Livestock to jump in here to answer an excellent question.

Posted On 02/13/2024

Poyeema

Not young, it was only about 2020 my soul began adding a tag line to everything I read from current culture. FEATURE...FLAW...FEATURE...FLAW ...FEATURE ... FLAW ... FEATURE ... FLAW

Posted On 02/13/2024

JudyCharl

Just, I think it's called a "Business Plan".

Posted On 02/13/2024

pecanroll

This is where I have to put my foot down. Lyme disease has impacted me so greatly, once a hater of antibiotics, now a lover and may be on with pulsing the rest of my life. My gut is actually better because of it. Stop this nonsense.

Posted On 02/13/2024

dolittlema02

Don't get offended and put blinders on. Antibiotics certainly have their place. Dr M. Is indeed right. They are handed out like candy. I would get upset when our kids were young and sick. Even my hubby would ask if I went to the dr and got "medicine" for them. For what?! A fever? I had one child put on antibiotics for the whole winter to prevent reoccurring ear infections. He was my first and I didn't know any better. It messed him up! We live and learn. I'm glad that things are working for you. Lyme is nasty. I know from experience. However I use proteolytic enzymes to deal with it.

Posted On 02/13/2024

Eevee

Yeah, when they are necessary they are life savers, had lyme five or six times, didn't realise we had ticks in our garden thought we were picking them up on dog walks, luckily I got the rash so had something to show the doctors, was given Doxycycline every time until the last time I had a terrible reaction to it, so they put me on another antibiotic they said they give to pregnant women who get lyme. This was around 2010 onwards. I read that the lyme bacteria is like a cork screw gets into your cells, it is also very very sneaky and clever, it will change it's surface structure so your immune system recognises it then it changes constantly, so you will not get better without proper medication.

I presume this is why energy is absolutely wiped out and the pain in the joints etc.... the garden was cut back dramatically, so that light hits the ground as much as possible, herbs and plants to deter ticks, gravel in places all the things they say to do, the garden doesn't look as nice as it used to - but safety first.

However, in my case the anti bio's did wreck my guts, but I solved this by taking bio-kult and loads of yoghurt and they were fine in about ten days after each course. We are all individuals. Just to note if your guts are better after anti bio's you might have had SIBO - "Small Intestinal Bacteria Overgrowth". Good bacteria but too much of it, so they are also in the small intestine as well as the lower intestines, just a thought. Hope you are feeling well now.

Posted On 02/13/2024

Lee1959

pecanroll. One thing I have learned is that everybody is different. There is no one size fits all. If it works for you, great! One thing I have been thinking about lately is the placebo effect. Why is it that one way of approach to an illness does wonders for one person, and is an absolute disaster for another? No disrespect intended. I am glad you are doing well under your protocol. Mercola has gotten me to think outside the box. Very recently he had an article on cholesterol and how it has been demonized. We are now getting about 1/2 dz eggs a day, and my husband LOVES breakfast/supper with fresh eggs. He said to me that he should only have a few a week because of concern of cholesterol.

I told him that is a crock, and I mentioned Dr. Mercola's article. I even remember reading around 25 years ago the same article in a magazine I got from the health club we were members at! He now does listen when I quote "Dr. Mercola," and last night he had four fried eggs, sausages and toast for supper. You should have seen the pure ecstasy in his eyes. BTW he is 6'1" and weighs about 170. He is not a chubbo by any means. Personally I would like it if he were a little heavier. And I am sure he would like me a little less "heavy":)

Posted On 02/13/2024

pecanroll

To all that have replied to me, Lee, Dolittle et al., thank you for your kind words. There is no placebo effect with me that is for sure. I hope I will be able to get off of abx yet the realistic outlook is different for everyone.

Posted On 02/13/2024

ruskar

If they want to know why most people are obese, this would be the reason.

Posted On 02/13/2024

Guillermou

Since the introduction of antibiotics, they have been used freely, with their prescription occurring almost always when they were not necessary. The other major form of contact between humans and antibiotics, now unintentionally, is with the large amount of these drugs in the environment and in our food. The relationship between antibiotic use and the development of obesity has become increasingly evident and apparent in humans, with some authors clearly establishing the relationship between the large-scale use of antibiotics in the past 70 years and the “epidemic” of obesity that has occurred in parallel, almost as an adverse epidemiological effect. In the research effort entertained herein, a correlation between the use and abuse of antibiotics and the onset of obesity was investigated.

www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2018... (2018).-----
-----Exogenous administration of antibiotics can cause short-term alterations in the gut microbiome, particularly during the developmental period. Overall, the majority of animal studies and meta-analyses of human studies on the association between antibiotics and the later development of obesity suggest a significant link between antibiotic exposure, particularly early exposure, and the development of obesity. subsequent obesity as a result of alterations. in the variety of the intestinal microbiota. link.springer.com/.../s13679-021-00438-w (2021).----

Posted On 02/13/2024

Guillermou

Published in the British Journal of Cancer, the Cancer Research UK-funded study analyzed data from the national Primary Care Clinical Informatics Unit Research (PCCIUR) primary care database. From this routinely collected data, the team identified 7,903 people with colorectal cancer and compared them to more than 30,418 matched people without a cancer diagnosis. The researchers controlled for genetic and nongenetic factors, such as underlying health conditions, to try to determine whether antibiotic use is a risk factor for colon cancer. To understand the effects of other risk factors, they then adjusted for alcohol consumption, smoking, and weight. Early-onset and late-onset colon cancer were investigated separately, as evidence suggests that risk factors may differ between early-onset and late-onset disease.

Previously, there were only a small number of studies investigating the relationship between antibiotics and colon cancer, and these studies were limited to older adults and showed mixed results. Sarah Perrott adds: "We found that antibiotic exposure was associated with colon cancer in all age groups. "This, along with many other dietary and lifestyle factors, may be contributing to the increase in colon cancer cases among young people." www.abdn.ac.uk/.../15702 (2022).-----

www.nature.com/.../s41416-021-01665-7.---- www.nature.com/articles/s41416-021-01665-7.epdf?sharing_token=lulcLC07..

[gOzcOnmJr9ek9ZVlyrR19q7hKSBxiUNZPk9_9ezdbs2jOf2xiUsNoR5Hqeo0a9ztsRNE%3D](https://www.nature.com/articles/s41416-021-01665-7.epdf?sharing_token=lulcLC07..gOzcOnmJr9ek9ZVlyrR19q7hKSBxiUNZPk9_9ezdbs2jOf2xiUsNoR5Hqeo0a9ztsRNE%3D),-----

Posted On 02/13/2024

juststeve

Great observation, if it is fed to livestock to fatten them up, if we are eating and getting dosed by proxy it would be an expected consequence would it not?

Posted On 02/13/2024

ms.libby

And iodine?

Posted On 02/13/2024

DazedandInfused

I've also made and used colloidal silver for decades. I've used it personally to cure things like ear infections, bronchitis (inhaling with a vaporizer), sore throat and colds (gargling and in nose and ears), burns or deep cuts (amazingly somehow binds the skin of even serious cuts without leaving a scar). This has served my family of 4 for decades at the cost of \$200 for the machine and whatever I've paid for distilled water over the years. I also own a beauty school and have also used it for serious burns, deep cuts (for students, clients and employees) also employees or students with colds or flu to gargle with and put in nose and ears. One of our teachers had a red blotch in his from birth. Gave him colloidal for his cold and told him to try it in his eye also. Both were cured over night. Scared him to death - he was superstitious and thought it was some kind of witchcraft..lol

Posted On 02/13/2024

MelsKitchen

We make our own colloidal silver and use it for cuts, burns, gargle after brushing and drink when we feel nauseous. We also spray drapes and dish cloths etc to freshen them up, silver makes the ultimate glass cleaner also. I have also heard that CS can make anti biotics many times more effective when taken together and I think it was Dr Mercola who suggested that years ago??

Posted On 02/13/2024

Lee1959

I keep hearing about colloidal silver. I would like to see an indepth article on it. I am a little leery about said product presently. But then I never believe in chem trails until reading comments on this forum. I now can see! them being sprayed in the skies.

Posted On 02/13/2024

catladyjan

This winter my husband and I have had fresh garlic cloves which I press in a garlic press added to our homemade soups and a fresh drink of squeezed citrus (orange, grapefruit, lemon and limes) each day. We had not even had one sniffle.....and have been around people sneezing, coughing and who have been sick with a cold, flu, etc. I am 70 and my husband is 78. Garlic is wonderful!

Posted On 02/14/2024

Ericthered63

Unfortunately since I have a Mechanical Aortic heart valve every time I go to my dentist I have to take antibiotics. And my teeth aren't very good so I go fairly often. I hate taking them but I try to eat lot's of fermented foods, yogurt, and probiotics.

Posted On 02/13/2024

Sherryld

My 27 year old daughter was diagnosed with a rare bacterial infection called ureaplasma about 8 months ago. I believe the menstrual cup she was using caused it since her problems started a few months after she started using it (she no longer uses). It's so uncommon that most doctors don't know how to treat it other than antibiotics. Her first round of antibiotics didn't touch it and even a trip to the emergency room with severe pelvic pain left the doctor scratching his head because he had never even heard of it. Her family physician's husband was a specialist of some sort and he was able to give his advice and one was an antibiotic so strong that it could damage her liver.

I said no way!! She decided to seek the help of a naturopath who helped her along with a womens probiotic containing NAC, selenium, C, E, zinc etc. That along with a diet change the naturopath helped to cure her. My son had ear infections regularly when he was a baby. I finally figured out the antibiotics were useless. I started taking him to the chiropractor at age 8 after numerous respiratory infections which instantly cured him. He's 24 and still goes to this day. I realize antibiotics are life saving when necessary but are no doubt overprescribed.

Posted On 02/13/2024

HurtbyLevaquin

MY LIFE WAS RUINED BY LEVAQUIN Fluoroquinolone Antibiotic 15 years ago lost everything!

Posted On 02/13/2024

BrianDossDMD

Bacteria in the mouth replicate in 4 to 10 minutes, if the pathogenic ones aren't fed they can't cause disease... No need for dental work or strep throat or ear infections or most all other diseases for that matter... I believe it's the chronic feeding of these microbes that create the resistant bacteria in the first place... Harvard has a good study online that shows how fast this occurs... Note this can't occur unless there is a constant food source... www.youtube.com/watch

Posted On 02/13/2024

Ronald_H

My dentist assured me that pathogens in my mouth were dangerous after drilling into my skull for an upper tooth implant. He was horrified that I refused antibiotics and said it was high risk. There wasn't the slightest sign of infection. To this day, I'm the only one and got two more implants from him without antibiotics. I'm not saying precautionary antibiotic use isn't prudent and perhaps they are needed for most, so I don't advocate anyone taking that risk. I limit what I'm saying to antibiotics aren't needed by me.

Posted On 02/13/2024

FloxedGrace

Cipro, destroyed me.

Posted On 02/13/2024

MannaFood

RIP Dr. Andrew Saul greenmedinfo.com/blog/greenmedinfocom-mourns-passing-giant-natural-med.. A terrible loss. I can't help but be suspicious with all of these alternative health doctors passing away.

Posted On 02/13/2024

AliceP1

Oh no....I hadn't heard about his passing. I have his books. What happened?

Posted On 02/13/2024

MannaFood

I don't know what happened. I would like to know as well. He seemed quite healthy to me.

Posted On 02/13/2024

epi-cure

An update on Reiner Fuellmich: www.bitchute.com/.../74DFNwKxV8kJ

Posted On 02/13/2024

MannaFood

Wow. I didn't know any of that. More "Lawfare" just like they are doing to "45".

Posted On 02/13/2024

Sherryld

I was wondering what was happening with him. This is good news.thanks for sharing!

Posted On 02/13/2024

ducky27

It would be good if there was a dosage amount chart for these items...& how to dilute if needed.

Posted On 02/13/2024

MannaFood

Horseradish has also been used as a natural antibiotic.

Posted On 02/13/2024

cow5815

For those who have had to take antibiotics, check out the probiotic blend called Antibiotic Antidote by BiotiQuest. I think their targeted products are cutting edge.

Posted On 02/13/2024

Excuseme

Never mind the antibiotics, try a H*lda Cl*rk Za**er. (Sorry guys, I bet the site is being watched constantly). www.youtube.com/watch Karen Allen had had Lyme several years when she got a Z*pper. The trick, is you hafta use it 4 hours, not the usual 1 hr. And you hafta do it like every week to 10 days til symptoms stop returning. I am extremely familiar with a Lyme case that just plain went away, admittedly only 3 months after infection.

Posted On 02/13/2024

DougBenbow

What about Grapefruit seed extract? It's been studied and proven to be a natural Antibiotic. From The National Institute of Health: Grapefruit Seed Extract as a Natural Derived Antibacterial Substance against Multidrug-Resistant Bacteria www.ncbi.nlm.nih.gov/.../PMC7830962

Posted On 02/13/2024

zsizsa

I just cured myself a terrible head cold in less than a week with Bee Propolis - no antibiotics. Have been telling friends, but they don't listen anyway, also took lysine and B-12 for a bout with Shingles – ugh not fun, but lysine helped and calamine lotion. How to prevent another bout with shingles? Anyone know? Other than try not to stress love Dr. Mercola and all your comments ty

Posted On 02/13/2024

Cabochon

Lysine is helpful to suppress an outbreak of shingles from the herpes virus. Aciclovir is the standard prescription medicine and very effective it is too. Important to avoid excess arginine in foods such as nuts, chocolate and supplements if at risk of or suffering an outbreak of shingles. Managing stress and keeping the immune function in tip top condition are good insurance policies. Very important to treat outbreaks of shingles promptly and effectively as these and other viruses can be implicated in the development of dementia. Other helpful supplements include humic acid, propolis, berberine, ashwaganda, astragalus, licorice, echinacea, black elderberry and olive leaf as well as optimal levels of zinc, selenium, vitamins C, E and vitamin D from diet or supplements as required plus home made chicken soup, some varieties of mushrooms.

Posted On 02/13/2024

Darwina

Lysine is the only preventer I know of.

Posted On 02/13/2024

smiller352

I have used info from both of Stephen Harold Buhner's books (depending on whether it's bacterial or viral) to successfully overcome MRSA, respiratory infections, UTI and strep. The herbal tinctures talked about are more commercially available these days and easy to find.

Posted On 02/13/2024

rmstock

This article was sent into my inbox with the title : Handed-Out-Like-Candy\:-\'Death-Drug\'-Tears-Your-Arteries-Apart I thought well Doctors can be mad scientists but that such a drug turns out to be Antibiotics in Your Food is shocking. then someone posted this : THEY\'VE POISONED EVERYTHING!! -- SOFIA SMALLSTORM www.bitchute.com/.../0zqqRSmN9H82

Posted On 02/13/2024

stoneharbor

Good video you provide from Sofia Smallstorm. Loaded with statistics that are great to wade through. It's a nice compliment to the information Dr. Mercola has provided here.

Posted On 02/13/2024

Ronald_H

I wonder if arterial strength or weakness might have a lot to do with collagen fibers or lack of collagen or something interfering with collagen utilization. I also note that particularly in today's society people are deficient in collagen including precursor amino acids like glycine. Today at work, for example, everyone except went for the doughnuts while I ate grapes. They go out for fast foods while I stayed and cooked wild caught Alaska salmon with plenty of vegetables and fresh squeezed lime. I ate bone broth and still supplemented glycine. My bones are resilient and don't break when I break boards. At work, there is one guy who is mostly always sick, yet religiously avoids hearing anything from me about nutrition as he insists his mainstream seeing a doctor for antibiotics is the only answer. It makes no sense being surrounded by what would make a good episode of Twilight Zone.

Posted On 02/13/2024

gro8378

My husband had a stem cell transplant in 2019 for multiple myeloma and they gave him levaquin for about 10 days. It messed his shoulder up really bad - torn ligaments, etc. (although you can't get a straight answer from doctors). He still has very limited use of his shoulder/arm and it gives him a lot of pain. But all doctors want to give steroid shots which he won't do. He's in remission from the MM but the shoulder pain is bad.

Posted On 02/13/2024

fra2163

I also had got severe shoulder pain from Levaquin that was prescribed to me for a bout of pneumonia. I couldn't put on a shirt or coat as I couldn't move by arm to get it in the sleeve. I went to my acupuncturist and he restored my shoulder. But it took a while He did not just use acupuncture.

Posted On 02/13/2024

Newportian

Fluoroquinolones are "bactericidal" antibiotics. This means they work to completely kill the bacteria they're targeting. More specifically, fluoroquinolones work by causing a bacteria's DNA to break. This prevents bacteria from multiplying. www.goodrx.com/classes/quinolone-antibiotics/fluoroquinolone-antibioti..

Posted On 02/13/2024

Fisher153

Throw "fluoro" in the mix and it is usually bad for people (dose dependent, of course). Streptococcus mutans is the cavity bacteria. I'd much rather inhibit it with beneficial ginger and mint oils than kill it with fluoridated paste that ends up inside my body, inhibiting NaK-ATPase from functioning in my cells! An immediate way to improve America's overall health is dispelling ANOTHER money-driven myth and getting the F out of our drinking water... and then the toothpaste. With lower fluoride loading, we would be less negatively-impacted by other fluoro substances (e.g., PFAS and sulfuryl fluoride).

Posted On 02/13/2024

ter9041

Thanks so much for that antimicrobial list!

Posted On 02/13/2024

martago

"Propolis seems to help fight against bacteria, viruses, and fungi. It might also have anti-inflammatory effects and help skin heal. Propolis is rarely available in its pure form. It's usually obtained from beehives."
"Propolis, as a material composed to a large extent of plants secretions, is a rich source of cinnamic acid and esters. Many studies documented the antimicrobial activity of cinnamic acid against Aeromonas spp., Vibrio spp., E. coli, L. monocytogenes, Mycobacterium tuberculosis, Bacillus spp., Staphylococcus spp."

Posted On 02/13/2024

Guillermou

Yes, honey bees (*Apis mellifera*) and stingless bees have a natural wisdom in selecting and harvesting antimicrobial principles from plants. Using this inherited wisdom, bees produce propolis to protect themselves from microbes, viruses and insects. Recent scientific studies also substantiated these longstanding antimicrobial claims of propolis and demonstrated its usefulness in treating pathogenic infections associated with multidrug resistant (MDR) pathogens. In this book chapter, the antibacterial activity of different propolis samples against MDR pathogens has been reviewed, emphasizing its mode of action and other natural products against MDR pathogens.

link.springer.com/.../978-981-19-9167-7_12 (2023).---

Posted On 02/13/2024

Shasha

Colloidal silver poisoned me. There are plenty of other ways to kill infections without using silver. I almost didn't survive it. Ozone/fish oil/Vit C/mushrooms/onion/Vit A/Vit D3/sunlight and more may help infections.

Posted On 02/14/2024

Ronald_H

IF my budget allowed, I would have my own ranch and farm and skilled workers to be able to eat wholesome foods. I mitigate toxicities many health related ways and really don't want antibiotics in my foods particularly since I avoid them and all pharmaceuticals and all over the counter drugs. It's easy for me because I don't need any. I'm sure I was very exposed to antibiotic resistant pathogens yet had zero concern and not a hint of infection. My defense against pathogens is only my killer immune system, so it won't matter how antibiotic resistant a pathogen is as it won't stand a chance. These days, there are good reasons to be concerned about the next "pandemic," or essentially biological warfare. I remember long ago that the worst of it doesn't effect some 5% in the slightest. I'm definitely in that category. I stock antibiotics as a preparedness asset yet only for others particularly since they won't be available in The Great Collapse.

Posted On 02/13/2024

anthony.aaron47

It's not just the antibiotics in our meat but, as Bill Gates, et al. have threatened, it's the involuntary and non-consensual intake of vaccines in our food supplies that should worry us the most -- the experiments of putting vaccines into our produce, for example

Posted On 02/13/2024

pjucla

100% thank you Dr. Mercola doctors also bend to patient demands unfortunately!

Posted On 02/13/2024

ellivoc

Easy answer, don't eat these animals. If you must eat meat only eat grass fed, free range, organic. I'm veggie but would only feed the above to the dog! If people don't buy it they would stop producing it. Does not really take rocket science to work this out. Jennifer

Posted On 02/13/2024

brianallen1

Easier answer, develop a relationship with an organic, free range rancher of beef. Patronize them and spread the word so many others support regenerative agriculture. Voting with your wallet takes money away from factory farms and CAFOs.

Posted On 02/13/2024

dljc99

I buy grass fed ground beef for my dogs but the steaks I have bought are just too tough no matter what I do. I have tried many ways to cook them

Posted On 02/13/2024

brodiebrock12

Exactly...it's really NOT rocket science is it. Choose your life habits. Make intentional decisions.

Posted On 02/13/2024
