Why Antibiotics Can Harm the Microbiome

Well, it's that time of year again. People are really concerned about their immune system. Kids are getting sick. Classrooms are gettin' sick, everybody's gettin sick and oftentimes what we find is the first thing that the doctor wants to do is to put you or your child on an antibiotic and antibiotics do so much harm to the microbiome.

It just wipes every single thing out. So the next time that your doctor want to prescribe an antibiotics, make sure you ask them, is this viral or is it bacterial?

because viral infections aren't going to respond to antibiotics. And you could be taking a risk of taking these antibiotics, having this damage be done to your microbiome and have it be no benefit whatsoever.

If it's bacterial, there could some benefit to taking an antibiotic and it could important to take an antibody in that situation. But it is always good to talk to you doctor and make sure you ask them is it viral or bacterial because antibacterial resistance is real.

Your microbiome is responsible for so many different things. It influences your digestion, it helps to train your immune system, and makes vitamins, serotonin, neurotransmitters.

So, so important. And you just want to make sure that you're protecting that and that your keeping that as strong as possible.

Risks of Overusing Antibiotics in Kids

There is an infectious disease doctor at Johns Hopkins, her name is Dr. Sarah Cosgrove. And she did a lot of research on this topic and she reported that 20% of those that were given antibiotics will experience adverse effects.

And a lotta times there's things that you never would think of being associated with taking an antibiotic, like an Achilles tendon tear. These are things you know, you would have put the two together, but it's actually pretty common.

There's another one, Marty Blazer, he was a Rutgers microbiome expert, and he did some research and found that microbiomes formed by three years old has typically had four rounds of antibiotics.

That's a lot. A lot! I remember when my kids were little, when older son was young, they would give him an antibiotic for everything, then luckily with my younger son, it had slowed down and they didn't give it quite as much, but he still had at least four rounds of antibiotics by the time he was three.

And that was, again, on the more conservative side compared to my older son when he there. So antibiotic resistance is so prevalent and we just want to make sure that we're doing something about it.

Protecting Immunity and Preventing Unnecessary Antibiotics

That Marty Blazer, he found that farmers that use antibiotics to Okay. That was the purpose there. So then he's like, Hmm, does this do that? And all animals, he tried to replicate it in mice.

He was able to replicated in. What do you think that it's doing to humans? Right. The Mayo clinic did an 11 year study and it showed that kids that had antibiotics within the first two years had a 20% higher risk of obesity, 32% and higher.

Risk of ADHD, 21% high risk. Of learning disability. 289% higher risk of celiac and a 90% percent higher of asthma.

And that was just the short-term impact.

That's a big deal. So first, what can we do instead to prevent the need for antibiotic? Again, ask the right questions. If you're at the doctor's office and you suspect that there is an issue or that they want to prescribe antibiotics, is a spiral?

Is it bacterial? Establish that first. If you think that your immune system's getting run down or you want to do something preventative, we have lots of stuff here in the office that are available.

You can come in and get it. And lots herbal support, homeopathic support that works so, so well for the immune systems if you are getting sick. Or you wanna have on hand for just in case to prevent hopefully the need for antibiotic because that overuse is real.

Testing and Repairing the Gut Microbiome

Now, let's say you have taken antibiotics and your kids have taking antibiotics, and you're grandkids have take antibiotics. And you want to do something to heal and repair that.

We have a test called biome site. That test gives us a really good snapshot of your gut microbiome. It can detect up to 3,000 different microbes. Usually in the average stool sample, they find anywhere from 200 to 400. They give you a nice report with it so you can understand how is my microbiomes functioning.

This is really, really helpful in kids. Like you saw in those statistics, ADHD, learning disabilities, celiacs, asthma, obesity, start with the microbiome.

Start there. If your kids are having these issues, if you're a teacher, you've seen this in school with your kid or your own personal children, your grandchildren are struggling in these ways, Start with trying to correct the micro biome, it's a great place to start and we can be a helpful resource for that.

So reach out, its thrivingproof.com. You can schedule a free call with us there. Our phone number is 207-358-0748 and we can set up a time for you to talk with me.