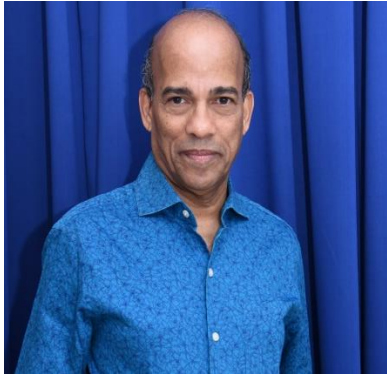


MEDICAL LEARNING

Case 9



M.D(Med),D.O.I.H,F.I.A.E,D.H.A,F.A.I.M.P(Cardiology)

Senior Cardio-Metabolic Physician

Senior Echocardiography Trainer

Cont.: 8605657755

These days there are a lot of cases of viral throat infections. I am surprised to see a number of people taking antibiotics. These are either taken by people themselves without consultation, given by the pharmacists or by the doctors.

Please remember antibiotics act on the bacteria and this throat infection is caused by virus. It has no benefit to you, but lot of harm induced by antibiotics.

We have 300 trillion viruses, fungi and bacteria in our gut, respiratory tract, urinary system, the skin and other open holes in the body. When you take antibiotics almost most of these bacteria are killed throwing the micro flora into an imbalance and turmoil leading to a number of medical problems. Please remember that this micro flora balance is of vital importance to your health. Your microbiome, your brain, your other systems and the mind when in symphony can keep all body functions in normal conditions without a disease. The imbalance of these is the cause for a number of diseases. Remember your microbiome is of utmost importance to your health. After even one course of antibiotic your gut flora would look like a jungle burnt out by wild fire. It takes ages for the jungle to be created. You know how balanced and clean the jungle environment is, but after a wild fire it totally disintegrates. This is exactly what happens to you when you take a course of antibiotics.

A very simple thought to all of us. Please avoid the use of unnecessary antibiotics. In fact there are very few indications where the use of antibiotics is indicated. Let the qualified and learned doctors take that decision. Just a few measures like gargling, steaming and good nutrition along with vitamins like C and D supplements can cure almost all such infections giving your life time immunity.