

The Bacteria Menace

We live in a society that is currently experiencing a dramatic rise in chronic and unexplainable illnesses like chronic fatigue syndrome and fibromyalgia. Despite medical advances in recent years, mainstream solutions to these conditions are often too little, too late. We are also witnessing the emergence of new and powerful pathogens or “super bugs” that threaten to undermine the very foundations of modern medicine. Many medical experts now believe that today’s most menacing health threat is harbored within the body, not lurking outside it.

If you asked most people what they considered to be the most serious threat to the survival of the human race, what would they say? Perhaps their concern would be pollution, global warming or nuclear war, or maybe widespread famine or even a massive meteor. It is easy to think that our greatest threats come from things larger than we are. Just because something is smaller than us, it usually does not feel quite so threatening. Well, the ultimate threat to our health and way of life may be those tiny, invisible, and seemingly mindless organisms we call bacteria.

It is no secret that recent years have seen the emergence of numerous “super bugs” that have eluded the saving medicines of today’s scientists and doctors. We see and hear reports every day of how a particular antibiotic is now ineffective against current strains of certain bacteria. There are incredible stories of individuals who have contracted a “mysterious” pathogen, causing symptoms and even death in ways never before seen.

According to the extensive advertising of antibacterial products for home use, it is necessary to destroy each and every bacterium in order to be safe. However, this is simply not the case. In some ways of thinking, all of these bacteria have a rightful place to exist. We cannot place germs into such easy categories as “good” and bad.” Maybe there is no such thing as a bad germ; rather, the principal reason we are seeing the emergence of so many bacteria-related diseases is that our collective state of health continues to decline year after year. This means that as our immune function worsens, as our dietary habits decline, as we suffer more stress and sleep less and less, that our bodies are not healthy enough to deal with these organisms.

Even though most of you who will read this book live in a “land of plenty,” many will complain of constipation or diarrhea, bloating abdominal pains, and other vague symptoms. Since World War II, the modern world has witnessed the introduction of antibiotics, diets high in sugar and processed foods, environments that are teeming with chemicals, and the proliferation of pharmaceutical drugs. All of these factors, combined with declining health practices, have created in many of us the perfect environment for harmful organisms to grow, overrunning the body and suppressing the immune system. But how can we reverse this – is it even possible? The answer is “yes,” though it may be difficult to do. When one considers the many years of poor nutrition, environmental toxins, devitalized foods sprayed with chemicals, little or no exercise, high-stress lifestyles, poor sleeping habits, and drinking water laden with metals and other chemicals, it is easy to see why taking a few supplements or changing your diet a bit isn’t going to revitalize your health.

New organisms appear every year to make people sick. In spite of all the advances of modern medicine and the wonders of technology, this “enemy” just keeps getting stronger and more deadly. The miracle antibiotics are not working anymore. Every day articles appear discussing the emerging new strains of antibiotic-resistant microorganisms. We now know that more than 70 percent of the bacteria that cause hospital-acquired infections are resistant to at least one antibiotic. Some have even become resistant to all known antibiotics. These “super bugs” are now a global problem. It may seem that we are fighting a losing battle if antibiotics are failing us.

The incidence of some type of infectious disease now accounts for 25 percent of all visits to the doctor. There is an accumulation of evidence that bacteria are playing a role in many unsuspected chronic diseases from cancer to gallstones. Disease-causing microorganisms are able to transform and adapt to their changing environments very quickly when necessary, often avoiding detection as a result. Modern

medicine has been reluctant to believe that hidden microbes are far more prevalent than commonly believed and at the core of many chronic diseases.

In the past, lifestyle and stress alone were thought to cause ulcers. Now, it is known that bacteria may be the more likely culprit. Scientists have also linked Alzheimer's disease with the presence of the bacterium *Chlamydia pneumoniae* in the brain. This same bacterium may be infecting many people suffering from heart disease. It has been suggested that as much as 80 percent of heart disease may be linked to infectious organisms. The *Clostridium* bacterium is linked to gallstones, and nanobacteria to kidney stones.

Mycoplasma pneumoniae is being found in many people diagnosed with Crohn's disease, chronic fatigue, fibromyalgia, and Gulf War syndrome. Many experts also believe that rheumatoid arthritis and related conditions might be the result of the presence of a highly adaptive microorganism residing somewhere in the body.

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