

# Natural Health News

July/August 2019

EVERGREEN SPA & WELLNESS  
ELY, MN



## ANTIBIOTIC RESISTANCE—A THREAT TO HUMANITY

Scientists warned of an imminent global crisis. The medical, agricultural, and pharmaceutical industries have failed to listen resulting in the spread of deadly, drug-resistant disease. Since the discovery of penicillin in 1928, antibiotics have played an essential role in destroying bacteria and combating infections. But as antibiotics became more accessible, we began to see the evolution of antibiotic resistance. Bacteria became resistant to the drugs that had previously contained them. This began a vicious cycle in which antibiotics are administered more extensively and eventually, overexposure to antibiotics resulted in “superbugs” that can no longer be treated with antibiotics. Currently, drug-resistant infections kill about 700,000 people every year. According to the Interagency Coordination Group on Antimicrobial Resistance, the overuse of antimicrobial drugs is poised to cause a global crisis that could have a severe and lasting impact. In 2015, U.S. pharmacies dispensed nearly 270 million doses of antibiotics—enough for five out of every six Americans to receive antibiotics every year. The CDC reported that at least 30% of these prescriptions were unnecessary. Antibiotics and antimicrobials are also used liberally in plants and animals to help prevent disease and stimulate growth. A 2012 review published in Public Health Reports found that the agricultural use of antibiotics is one of the major contributors to the development of resistant organisms that result in life-threatening human infections. We need to drastically reduce or eliminate the agricultural use of these drugs in order to avoid a catastrophic global crisis.

In 2009, a woman was diagnosed with a drug-resistant fungal infection in her ear. The previous unknown strain was named *Candida auris* (“auris” is Latin for “ear”). But unlike the more commonly known *Canadida albicans*, *Candida auris* is dangerous and deadly. Since its discovery, there have been more than 650 cases in the U.S. alone. The disease is most commonly found in hospitals and elderly care facilities, particularly impacting those with weakened immune systems. In addition to the hundreds of clinical cases, over 1200 patients were found to be colonized with the disease, meaning the fungus was found on the body but had not yet resulted in illness. *Candida auris* is extremely contagious. Its spores have been known to stick to walls and ceiling tiles and are exceedingly difficult to clean from medical equipment, clothing, and bedding. The fungus may even be spread through the air. What’s worse, *Candida auris* is extremely resistant to antifungal drugs. Of those who have contracted the fungus, nearly half have died within 90 days.

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Sonja Jewell

NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman St.

Ely, MN 55731

Phone: 218-365-2288

### STORE HOURS:

Tuesday – Saturday  
9:30 am-5:30 pm

CLOSED SUNDAYS  
& MONDAYS

### SPA HOURS:

By Appointment



This is the type of drug-resistant germ that the world's scientific community has warned us about. If we don't make drastic changes now, illnesses like this could become extremely common. The new killer fungus has been especially prevalent in New York, New Jersey, and Illinois, resulting in a disaster that is confounding the medical community. State and federal health officials are working frantically to find a solution. Dangerous and uncontained microbial illness has not been a major problem in the developed world for nearly a hundred years, but experts warn that we could see serious ramifications if the overuse of antibiotics continues. This is one of the most pressing global issues facing our generation. If we don't make changes now, the next generation will live in a world ravaged by deadly bacterial disease. We need to reduce the overuse of antibiotics and eliminate agricultural use in order to keep these drugs effective. We are already seeing the global spread of dangerous new germs. Too often, drug-resistant infections go unreported by health institutions, putting patients at risk. And while the CDC often issues warnings about these fatal outbreaks abroad, it is prohibited from identifying hospitals within the U.S. borders. Hospitals are resistant to disclosure, fearing that the information may deter people from seeking medical care. The work required to prevent a disaster will require a global effort. Medical doctors will need to utilize alternative modalities for addressing minor illness and preventing infections. Agriculture will need to improve biosecurity and hygiene, relying on preventative measures other than antibiotics and abandoning the use of these drugs to promote growth and productivity. Most importantly, the pharmaceutical companies which manufacture and profit from the sale of these drugs will need to resign themselves to a major drop in revenue, sacrificing financial gains for the greater good. We have a substantial opportunity to make our mark in history as the generation that saved hundreds millions of lives. Our children still have a chance to live in a world where the detrimental impact of excessive antibiotic use is a thing of the past.

### THE ULTIMATE IMMUNE-BOOSTING SOUP RECIPE

Heat up **1 TBSP. coconut oil** in a large pot over medium heat. Add **1 large onion (chopped)** and cook for 5 minutes. Add in **6 garlic cloves (minced)** and cook for 1 more minute. Add in **2 celery stalks (sliced)** and **1 lb. shiitake mushrooms (sliced tops)** and cook for about 10 minutes until mushrooms have wilted. Add **1 1/2 tsp. sea salt, 1/4 tsp. black pepper, 1 tsp. turmeric, grated fresh ginger** (amount to your liking), and **12 cups filtered or spring water**. Bring to a short boil and then simmer, covered for 1 hour or as long as you want. Add **4 heads baby Bok choy** and **1/2 head kale (both chopped)** in the last 10 minutes of cooking to wilt. Serve warm or store up to one week in the refrigerator. Enjoy!

“We put drugs of which we know little, into our bodies of which we know less, to cure disease of which we know nothing at all”. ~ Voltaire ~

### IMMUNE-BOOSTING TEA RECIPE

Bring **1 cup of water** to a boil. Add **1 TBSP. fresh lemon juice, 1 TBSP. raw honey** and **1 tsp. raw apple cider vinegar** to a large mug. Add boiling water and stir until combined. Let cool just enough to drink! Enjoy!

Organic Roots  Bistro

### BUSINESS HOURS:

TUESDAY— SATURDAY **9:30 AM—5:30 PM**  
Closed Sunday & Monday

