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## Did You Know?

Antibiotics are very valuable for fighting bacterial infections, but they are routinely *overprescribed* for:

**Colds & Flu**

**Sinus Infections**

**Earaches (Otitis Media)**

**Respiratory Infections**

**Sore Throats**

**Bronchitis**

This overuse of antibiotics weakens the body's immune system and contributes to the growth of antibiotic resistant bacteria or "supergerms."

**Fortunately, there are natural ways to fight infection**

In this issue, we'll examine the problems with the improper use of antibiotics, and the natural alternatives available for fighting infections. Learn more inside.



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### Elderberry

The berries (and flowers) of the Elderberry plant have long been used as remedies for colds, flu and fevers. Recent research has demonstrated that elderberry helps the body fight viral infections. Elderberry is a component of **Elderberry Defense**, a blend that also contains echinacea, royal jelly and olive leaf. Elderberry Defense is a great remedy for acute viral infections like colds and flu.

**Elderberry Plus** is a chewable tablet containing elderberry, astragalus and reishi mushrooms. This blend is great for children for both preventing and curing viral infections.

### What To Do When You Need An Antibiotic

Sometimes you do need to take an antibiotic. When you do, remember that antibiotics destroy friendly bacteria in the intestinal tract along with harmful organisms. This can lead to yeast overgrowth and fungal infections.

So, you should repopulate the intestines with friendly bacteria after completing any round of antibiotics. **Bifidophilus Flora Force** is a good choice. If yeast is a suspected problem, **L. Reuteri** is very good at knocking down yeast and getting other friendly bacteria to proliferate. An antifungal agent may also be helpful, particularly if you've had many rounds of antibiotics. **Yeast/Fungal Detox** or **Pau D'Arco** are good choices.

Ask the person who gave you this newsletter for advice on selecting the remedies that are right for your particular needs.