

## Children: Asthma Antibiotics and Soy

“Ironically medical care itself is one of the main reasons there is so much asthma in kids. From birth to age two to three most infants and kids get from 5 to 15 ear infections. Almost all of these are treated with antibiotics. This treatment for each infection insures another one while also increasing the odds that the infant will become asthmatic.”

Antibiotic use in infants and children is a huge problem. There are times when one of these drugs is desperately needed, but experts find that up to 90% of the time they are prescribed needlessly. If they didn't cause serious problems, this wouldn't be so bad. The drugs generally destroy much of the friendly bacteria in the gut and cause gas and dysbiosis (abnormal bacterial development in the intestines, such as candida).

However, the most sinister side of routinely prescribing antibiotics is the **greatly increased rate of asthma** in youngsters. Asthma is no small problem, as any parent with an asthmatic child can tell you. Yet antibiotics are repeatedly prescribed for infants and children, even under one year of age. Many times they are prescribed for a problem they cannot help.

Most antibiotics prescribed for children are for ear infections and colds. For these problems the drugs rarely do any good. Yet antibiotic prescriptions can end up causing a **three-fold increase** in the cases of asthma. Experts also feel that multiple doses are even worse—with each dose increasing the risk of developing asthma by an additional 16%!

### **Boost Their Immune system**

So be sure to inform your pediatrician that you do not want antibiotics **unless absolutely necessary**. When it comes to ear infections and colds, one of the most common causes is pasteurized milk. Stop the milk, and if that doesn't help, also stop the wheat. Give infants and children a supplement to bolster their immune systems. The very best is **Congaplex** by Standard Processes. It is even available in a chewable form for easy use. Three to four tablets daily is a great way to start.

For children susceptible to colds and ear infections, have them chew three or four tablets daily. When a cold or ear infection seems imminent, they can chew one or two tablets every hour. This will generally stop a cold or ear infection in 24 hours. And if not, it will help shorten the duration to a couple of days.

## **Put an End to Soy and Antibiotics**

The soy issue has also gone on long enough. The NIH (National Institutes of Health) is finally going to investigate the use of soy in infant formula. No matter what the results of this study, **soy should be avoided in formula**. Period. To begin with, it can cause profound adverse effects on developing hormone levels, resulting in all kinds of problems, from the premature start of girls' periods to abnormalities in sexual development. When it comes to soy in infant formula or in foods for infants and children, **throw these products away**.

Do Israeli scientists know something we don't? According to the Jerusalem Post, July 20, 1995, the Israeli Health Ministry took the whole soy controversy very seriously. They had a 130member committee of nutritionists, oncologists, pediatricians, and other specialists spend more than a year studying the effects of soy. They concluded that the estrogen-like plant hormones in soy can cause adverse effects on the human body, including hormonal and reproductive problems and even cancer. They strongly urged people to avoid soy or eat it only minimally. They also advised a ban on soy-based infant formulas.

The liberal use of antibiotics and the use of soy should be stopped immediately. If your pediatrician denies this, says I am a heretic, or refuses to help you, it might be time to begin looking for another doctor. Your children's health, their normal sexual development, and even their very breath may depend on it.

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