

## Save Babies From Drugs

Drugs are so interwoven into the American lifestyle that babies don't have a chance to be drug-free for very long. It is vaccines and antibiotics from the get-go. Babies are now subjected to more than 20 shots before they become two years old. Though the entire "vaccine philosophy of health and immunity" is a subject to be argued for the next 50 years, the immediate threat to the little ones comes in a prescription bottle—usually antibiotics.

### **Babies and Antibiotics**

In infants and children antibiotics should be avoided, period. In almost all viral cases, they are of no use and simply insure that another cold, flu, or ear infection will be coming along in a few weeks or months. With ear infections, they almost insure repeated infections, often ending with holes through the eardrums for the placement of tubes.

Antibiotics are used millions and millions of times, over and over each year for conditions that are almost always caused by poor nutrition and a weakened immune system. Hundreds of experts argue that repeated and multiple vaccines play a role in the cumulative immune system problems kids now face. Whatever the case regarding vaccines, you must treat infants and kids at the cause of their health problems. If you do not, they will become another statistic.

What do repeated antibiotics and other drug therapies produce? Not what you would hope for and expect. They **never strengthen the immune system**. They have little to no effect over viral infections, which make up most of infant and child problems. They have massive side effects that often go unnoticed until later years. They wreak havoc on the intestines and can permanently damage the enamel of teeth.

My heart breaks each time I see an infant with blackened teeth, because I know they are starving for nutrition while being treated to dose after dose of antibiotics for ear, nose, throat, and other infections. I know their gut is being ruined—good yeasts and bacteria in the gut destroyed, resulting in overgrowth of harmful yeasts and bacteria. I know they will be at a much higher risk for asthma later on. And they may have lifelong problems with yeast overgrowth and digestive problems.

Yet this is **the gold standard in medicine**, which means this is the recommended, expected, and preformed therapy millions of times a year by "experts" in child health care. The reason why this is repeated over and over? **Because physicians have no other alternative**. That's correct—the average physician has no idea about healthy nutrition for infants and children. They are not aware that colic is a non-disease, that it is a crying out from starvation for proper nutrition.

## Strengthening the Immune system Naturally

Please give your babies a chance. From day one, make sure they are fed properly. That begins with breast milk. And if not adequate in volume or nutrition, breast milk must be supplemented with a wholesome, traditional, hand-made formula. If you need this recipe, please log onto [www.westonaprice.org](http://www.westonaprice.org) this alone would resolve millions of cases of colic in a single year.

Even before babies start on solids, if they are prone to colds and infections, start to use supplemental nutrition. We open a **Congaplex** capsule from Standard Process, add it to the hand-made formula, shake it up vigorously, and put a #4 nipple on the bottle so baby can easily suckle out the nutrition with the milk. One a day for infants is usually good.

With serious infections and fever, you can give a Congaplex capsule almost every hour for a couple day to young kids and even infants. This nutritional therapy is so powerful it will normalize a fever, often in eight hours, without drugs or aspirin—what a concept!

When your babies begin eating, make sure they get plenty of good protein. Raw milk is preferred. Eggs, meat stews, fish, and more are wonderful. Use half a teaspoon of raw cod liver a daily with infants. You can add it to the formula.

And remember that specific problems with kids demonstrate specific nutritional deficiencies. The colicky baby needs plenty of nutritional fat like raw milk, cream, cod liver oil, coconut, and olive oil. The child who is constantly sick needs whole food phytonutrient vitamin complexes that contain vitamins A, C, and P (bioflavonoids), along with calcium lactate. These are the ingredients of Congaplex. The child who runs fevers needs Congaplex. The child who can't sit still needs **Calcium Lactate** and the B vitamins (**Cataplex G** from Standard Process). The child who is chronically fatigued and sad needs another B vitamin called **Cataplex B**, also from Standard Process.

## Flu Shots

One more word about flu shots. In the past week I've gotten three letters from patients. One told me that her older mother, age 78, got a flu shot and 48 hours later came down with bacterial meningitis and died. The other two letters were from people who got their flu shot and then came down with a bad case of the flu. I realize that the flu is dangerous. But again, this is just for people who are compromised. I would never allow an experimental serum to be injected into my body or my child's body.

Today the papers are full of photos of **infants getting flu shots**, with some cute headline about how it doesn't hurt, or how flu vaccine supplies are running low,

or how you need to get your shot. The entire concept of injecting flu serum into an infant is horrifying to me. Instead everyone should be strengthening their infants and children—a concept that is so foreign to medicine, it is not even discussed.

For the sake of our young ones, use natural nutrition instead of chemicals. You will be absolutely amazed. And tell your pediatrician about this if you wish. You can even invite him or her to call me—though none ever do. Avoid antibiotics like the plague, because except when used a designed—for overwhelming bacterial infections—they are a plague on infants and children.

***Health Alert; Vol. 21, Issue 2***