



WHY NOT ANTIBIOTICS?

Eric North MD

Let the immune system get STRONG

God designed our immune system to fight infection. Each time it fights infection, it gets stronger.

Bacteria is GOOD for you

Antibiotics kill the good bacteria in our bodies as well as the bad bacteria. We need the good bacteria to keep our bodies in balance. Killing off the good bacteria often give side effects such as diarrhea and yeast infections.

Prevent resistance

Bacteria are smart! Each time they face antibiotics, they learn to adapt. Over time, the bacteria grow resistant to antibiotics. The antibiotics are then not effective when you really need them.

The REAL enemy

The vast majority of infections causing congestion, cough, and sore throat are from viruses. There are more than 200 different viruses that cause these symptoms, none of which respond to antibiotics. Mucinex-DM, pain relievers, water, rest, and time is the recommended treatment. It may take 7-10 days to get better.

Save money \$\$\$\$

Antibiotics are expensive and not needed most of the time. You will typically get better without them. If your symptoms persist beyond 10 days, see your doctor.