# Why I Stopped Taking Prescription Drugs

My mother was the first in our family to question conventional medicine. When I was a four, I was diagnosed with severe ADHD and learning disabilities. While the doctor insisted that Ritalin was the only viable treatment and was urgently needed, my mom researched alternative treatments and successfully managed my symptoms through diet alone. Unfortunately, she did not learn about alternative treatments for the asthma, bronchitis, sinus infections, and ear infections that plagued her, my brother, and me for many years. Removing dairy from our diet helped, but each of us still took antibiotics four or five times a year for many years.

Our slow change from conventional medical treatment to alternative medicine was made through a combination of excellent care from a chiropractor who practiced Contact Reflex Analysis with supplementation and my mother's health crisis. After so many years of antibiotic treatments, she developed chronic autoimmune disease and refused the only treatment offered—steroids. Due to our chiropractor, she had learned enough about supplements to know that they could treat the cause, not just the symptoms. And since my aunt suffered from lupus, my mother had seen, firsthand, the damage done by conventional treatment.

After my mother (with the help of our chiropractor) treated both strep throat and pneumonia with supplements, healing faster than she ever had with antibiotics, she was determined the she and her children would never use antibiotics again unless an illness was life threatening and there was no alternative.

## The last time I took antibiotics

Our immune systems slowly healed. Within a few years, serious yearly respiratory infections were a thing of the past. When I caught a cold, it was just a cold. It didn't develop into asthmatic bronchitis or pneumonia anymore. And then, I no longer caught colds. But one day I came down with a nasty case of impetigo—a staph infection with pus filled sores erupting all over my body. Yes, it was gross. Squeeze on of those suckers and pus squirted all over the place.

When my mom found out about it, she panicked. She figured that I had staph in my blood and this infection was her exception to the rule of no antibiotics. Sepsis can kill. She didn't even consider treating it with supplements. She took me straight to the emergency room for IV antibiotics.

For some reason, the doctor refused to treat me with IV antibiotics, simply prescribing oral medication. I promptly had an allergic reaction to the medication, so it's a good thing I didn't get that IV. I immediately stopped taking the antibiotics and visited the chiropractor. The right supplement cleared it up very quickly. It's been seventeen years since that day, and I have never taken another antibiotic. Neither has my mom.

My immune system is incredibly healthy due to my diet and lifestyle. I don't get sick. I now know how antibiotics destroy the bacteria in the gut—the very bacteria that comprises 80% of our immune system. At the same time it disrupts the balance of good bacteria to bad bacteria and allows Candida to overgrow.

Antibiotics are chemotherapy. We tend to reserve that word for the worst, most destructive pharmaceuticals, but the reality is, all pharmaceuticals (including all antibiotics) are chemicals used for therapeutic purposes—chemical therapy. They are used to kill the invading pathogen. None of them are used

to support and aid the immune system, to help it do its job. This is the primary difference between alternative and conventional medicine.

If your immune system has been compromised by  antibiotics, checkout the first article below.

**Further Reading:**

- *The Fascinating Bacteria in our Gut, and How it Affects Our Whole Lives*
- *How to Cure Candida*
- *How to Kill Candida and Balance Your Inner Ecosystem*
- *After taking antibiotics, this is what you need to do to restore healthy intestinal flora*
- *Fermented Foods Optimize Your Health*
- *How to Kill Candida and Balance Your Inner Ecosystem*

**Recommended Supplements:**

- Floramind-Prime by Thorne
- Shillington’s Intestinal Cleanse
- Formula SF722