

## WHAT WE CAN DO

If antibiotics are severely curtailed, if they are not used at all in farm production, if they are only used in hospital settings when there is an absolute and verifiable need for them, if general use is strictly confined to cases where there is imminent threat of death or disability, there is every reason to believe that antibiotics can be around for a long time to come. Researchers have found that when bacteria do not encounter antibiotics regularly, they begin to forget how to resist them. A few countries, such as Sweden as Levy notes, that have severely curtailed their antibiotic use have found this to be true in practice as well. A return to farming practices of the past that genuinely care for farm animals and do not treat them like manufacturing units will end the antibiotic resistance problems of factory farming. Keeping the immune system healthy is also important; the human body can fight off most disease if it is well tuned. Finally, the use of herbal alternatives to antibiotics for the treatment of most diseases will ensure that when antibiotics are needed in exceptionally serious conditions, they will still be there.

### STEPS TO SLOW DOWN THE EMERGENCE OF ANTIBIOTIC-RESISTANT BACTERIA

1. Take antibiotics only if you really need them.
2. Take them only according to prescription and for as long as the prescription indicates even though you might feel better before then. At this point most of the pathogenic bacteria have been killed (that is why you are feeling better) but there are still small numbers of them that can reproduce again into the billions if you stop the antibiotics. These growing bacteria, because their ancestors were exposed to the antibiotic you are taking, are already learning how to become resistant.
3. Maintain a healthy immune system so that you do not get sick easily.
4. Eat organic foods that have not been exposed to antibiotics.
5. Use herbs as antibiotic alternatives; they do not cause resistance in bacteria.