

1. When you take antibiotics, you kill off a lot of the protective, germ-eating, *beneficial* bacteria in your body along with the bad ones. This can leave you wide open for the next type of germ that comes along. Often, your immune system is weakened indefinitely.

2. It only takes one sloppy person to start an unstoppable plague. The trouble comes when somebody fails to take the whole series of antibiotics that his doctor prescribes. The patient stops taking the pills when he realizes, "Oh, I feel better now."

This leaves a few battle-hardened bacteria in his bloodstream or gut that survive (1% is enough). They quickly rebound, doubling every few minutes, multiplying hundreds of times a day. They come roaring back, having mutated into cure-resistant, immortal, *killer* bacteria.

**They hit hard.
They hit fast.**

- **A new strain of salmonella has recently**

hit London. As it becomes more resistant, the number of antibiotics that can stop it is approaching zero. The cause? Antibiotics fed to livestock!

- **In 1997, a lucky, last-minute discovery** by the U.S. government stopped *millions* of pounds of disease-laden hamburger from being sold...possibly to a store close to your home.
- **Panic struck Japan when 9,400 people got food poisoning,** and authorities couldn't find the source. Hotels turned down travelers from outbreak areas.
- **Hepatitis A is now 1,000 times more prevalent than cholera**—and you probably have very little resistance to it.
- **TB is alive again.** Last year we had more people die of TB than ever in history. Worldwide, over 50 million people now have the *drug-resistant* strain; treatment can easily cost \$250,000 a person. One of the biggest TB hellholes on earth: New York City.

- **In 1993, mutant forms of E. coli** got into some Jack-in-the-Box hamburgers. Over 500 people became seriously ill, and some died.
- **Malaria is on the rise again** because of resistant strains. Nearly 3 million a year are dying.
- **Life magazine recently reported** that 67% of the babies born to Gulf War veterans have been born deformed.

It's Here, It's Now

The problem isn't just "out there" somewhere. Walk through the meat section of your supermarket, and 30%-50% of the chickens you see are contaminated with salmonella (which can survive microwave cooking). Almost 100% contain *campylobacter* pathogens.

But here is the worst bac-

teria problem in the country: *enterococci*. This low-key bacterium used to be so tame, it was ignored in med school

texts. You could always cure it with the drug vancomycin.

Then in September 1988, a disaster began. Within 26 months, a new strain appeared in New York City hospitals: Vancomycin-Resistant Enterococci (VRE).

VRE is virtually untreatable. And if it gets into your bloodstream (bacteremia), it's *absolutely* untreatable. A death sentence. And it has recently become the fastest-growing bacterial disease in the land.

You think, Well, if I get VRE, *I'll go to a good hospital.* Problem: Ninety-eight per cent of all VRE is caught in a hospital. Hospitals are the breeding ground.

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