

[Antibiotics Cause Cancer?](#)

Another interesting article by Kim Evans, posted on Huffington Post, April 15, 2009

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Antibiotics are widely used by the medical establishment and even by animal farmers. In fact, these days more antibiotics are given to animals that are consumed than are distributed to people, which means that a lot of people are getting these drugs second-hand. And many people still believe that antibiotics are helpful; we've all heard stories of mothers and patients coming close to demanding them. But did you know that antibiotics can cause a great deal of long-term harm in the body? Let me explain...

Antibiotics kill bacteria in the body; it's commonly known and it's actually the reason they're taken. But what isn't widely known is that the body has healthy bacteria, called probiotics, lining our intestinal tract. These healthy bacteria, which should be in abundance in our guts, dine on unhealthy bacteria and yeasts in our bodies, serving to keep these problems in check for us.

Actually, these healthy bacteria form the basis of our immune system — or they did until we took antibiotics because antibiotics regularly kill our healthy bacteria. And that can set you up for numerous problems down the road — including some very serious problems.

A problem called candida, or candida overgrowth, is a [common fungal problem that develops after using antibiotics](#) without replenishing your healthy bacteria with probiotics. Now, that may sound like a small problem because you may not have heard of it, and therefore you may think it doesn't apply to you. But not when you understand two things.

First, an estimated 90 percent of the population has a problem with candida overgrowth, although most don't know it. And second, candida overgrowth can be the root cause of literally hundreds of different problems in the body.

The problems can be many for a couple of reasons. One, candida overgrowth is a fungus that can grow and nest in any number of areas in the body and it will generally cause problems wherever it is. And two, candida is a living breathing organism that, similar to how humans release carbon dioxide as a by-product of respiration, releases about 80 different chemicals as a by-product of its existence. All of those chemicals are toxic and one of them is chemically similar to formaldehyde. And every time you eat sugar or refined carbohydrates, you're feeding the overgrowth its favorite foods and giving it the fuel it needs to keep growing.

The symptoms of candida overgrowth can vary widely from person to person, but I'll give you a short list. Dandruff, eczema, headaches, allergies, rashes, acne, aches, pain, PMS, brain fog, sore muscles, fibromyalgia, anger, depression, and many, many, more can all be symptoms of this overgrowth. Remember, that's the short list. And depending on your diet, you may not see any symptoms until years after you've killed off your healthy bacteria.

It's also fascinating that an oncologist in Rome, Dr. Tullio Simoncini, says that [cancer is a fungus](#)

and actually an advanced form of candida overgrowth. You can read more in his book, [Cancer is a Fungus](#), in which he scientifically explains that the cause of cancer “is always and only candida.” Because Dr. Simoncini is having a great deal of success eliminating cancer in the body very quickly, I believe he’s one to listen to.

In any case, if you take antibiotics it’s incredibly important to replenish your healthy bacteria liberally afterward, while keeping sugar and refined carbohydrates at a bare minimum until these bacteria are replaced. These healthy bacteria were given to us as infants through breast milk for a reason, and they can also be consumed and replenished through supplements, quality yogurts, organic miso, and unpasteurized sauerkraut. Most people would do well to consume these foods regularly.

Kim Evans is the author of [Cleaning Up!](#) and creator of The Cleaning Up! Cleanse, a powerful body cleanse that addresses deep levels of toxicity in the body and common problems, including candida overgrowth.