

Colds, Flu, and Antibiotics

We live in an age where we have some pretty incredible treatments for a variety of conditions available to us to help us stay healthy (or return to health). However, when speaking of colds and flu, antibiotics aren't among them.

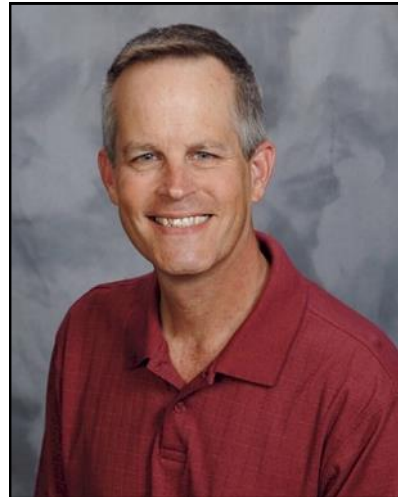
Colds and flu are caused by *viruses*, and antibiotics are only effective for fighting *bacterial* infections—strep and staph to name a couple. This bears repeating: *Colds and flu are caused by viruses, and antibiotics are ineffective against viruses.*

Did I mention that *colds and flu are caused by viruses, and antibiotics are ineffective against viruses?*

If you take antibiotic for your cold or flu, you're actually doing yourself harm because the antibiotic can wipe out your natural, healthy bacteria in your system which can lead to secondary infections such as bladder and yeast infections.

Once you have a cold or the flu, there's not much you can do to rid yourself of it other than good 'ol rest and getting plenty of fluids. Of course, taking over-the-counter cold and flu products can help relieve your symptoms (cough, congestion, headache, sore throat, etc.) making you more comfortable.

And don't forget the chicken soup... research has shown (for reasons unknown) that a good serving of chicken soup may help you say goodbye to that cold a little quicker. So, what's this all mean? Simple: Mom was right!



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