



As our government propaganda escalates to initiate yet another war of aggression, our attention is conveniently being diverted to fears of deadly drug-resistant staph infections. Neither should be a surprise. The question is what can we do about either. The only answer to the first is impeachment. The answer to the second is only a little more involved.

I've already had a dance with the death-staph, seven years ago. I remember the long midnight hour in the hospital, waiting to see if the "last-chance" antibiotic would work where all others had failed. The infection had spread behind my eyes and was working its way into my brain. (OK, well you've seen the results!)

Apparently, I survived that one. But these "Wonder-Bugs" are everywhere, and every day more virulent. The death toll exceeds HIV-related infections. Why have they kept silent? It's been seven years now, since the nurses told me of the bacteria resistant to *every* drug except one.

Interestingly, we are clearly the cause of these "Wonder-Bugs". We continue to breed ever-more-drug-resistant diseases. They come from a simple and basic flaw in the foundations of our medical sciences, our agriculture, our entire culture. When we discovered antibiotics and pesticides, we decided we could just kill off all the "bad guys". We forgot to read the fine print, however. To succeed, we'd have to kill off every single one of the bacteria or pest on the planet. Odds aren't good on that. Rule is – the weaker, more susceptible bacteria get killed off, the stronger survive and multiply, breeding more-resistant strains. Antibiotic wipes on grocery carts. Antibiotic-treated underwear. What more can we dream up to speed the breeding of resistant bacteria?

So, how can we stop this spiral?

A first step lies in the fact that most of these bacteria have always been around and inside every one of us. Yet we rarely become ill from them. When we do, it's because our immune systems became weakened. So an alternative is not to try to kill the everywhere-bugs, but to improve our own health and resistance – to allow all life to live in peaceful coexistence and health. Base our healing arts (and our culture, too – what a concept!) on healing rather than killing.

What can strengthen our health and immunity? Fresh, healthy, local food - balanced exercise and eating patterns, less stress. Healing diseases of the spirit through work and living situations which generate greater self-esteem. Having emotionally and spiritually more nurturing relationships and surroundings, and deeper communication with the rest of nature are but a few. These do work.

Health conditions in developing countries as well as our own are also vital to our own long-term health – a pool of undernourished, overworked, unemployed, unhealthy individuals *anywhere* on our planet form powerful breeding grounds for human-based diseases that can circle the globe in a matter of days.

Secondly, eliminate unnecessary need for antibiotics. One of the largest uses of antibiotics is in cattle feedlots, egg “factories” and other industrialized food production where chickens, pigs, and cattle are kept alive only through massive continuing doses of antibiotics. Breeder-reactors for killer-bacteria. There is nothing other than greed and laziness underlying such practices. Their elimination can only result in healthier food, healthier animals, and healthier people.

Third, stop the casual use of antibiotics on humans. Many doctors prescribe antibiotics even for virus-caused illness that they can’t touch, just because people expect “something”. Following the death of a single college student in Eugene, Oregon a few years ago from bacterial meningococcal disease, the health center gave antibiotics to more than 400 “worried students”. No symptoms, no evidence of disease, just a bludgeon to their immune systems and another round of breeding resistant bacteria.

A fourth avenue towards life-centered health is the growing focus in alternative health on the dimension of life-force energy (*chi* or *prana*). Although some allopathic medical practitioners still adamantly deny its existence, work with the *energetic* imbalances in our bodies before they cause material illness is becoming a successful approach to health.

Alternative medicine and healing are also able to treat diseases in less intrusive ways. Homeopathics (extremely prevalent in Europe), electronic homeopathics, tonics to maintain and restore balance in our immune, endocrine, and organic systems, and the use of local plant medicines, salves and infusions – alone or in concert with more conventional approaches – are becoming far more sophisticated and successful.

The death-spiral we are causing in virulent diseases can, and must, be reversed. Changing our cultural biases from death-based to life-enhancing values brings real benefits to the lives of each of us as well as dramatic lessening the creation of monster culture-bred illnesses.

And the next time someone asks you about economics, you've got a beautiful example for them. Tell them to start adding in the health-care costs, the fear, and the lives lost, as the costs of our seemingly "beneficial" corporate-greed-centered economics starts to ramp up. Need any more reasons for change?