Powerful new germ kills half of all who get sick

It’s a sneak preview of doomsday, but it’s not playing at your local movie theater.

No, you’ll find this creature feature at hospitals, medical offices, nursing homes, and outpatient clinics everywhere as powerful new strains of bacteria threaten to turn every minor procedure into a life-or-death battle.

And right now, it’s one we’re losing.

The latest mini-monster is a nightmare bug called Carbapenem-Resistant Enterobacteriaceae, or CRE for short. The best treatment? Cross your fingers and hope for the best – because once infected, your odds of survival are 50-50.

There isn’t a drug in the world that can beat CRE. The name itself shows that it’s already resistant to carbapenem, the powerful “last resort” antibiotics that doctors hold in reserve for when all else has failed.

And now, those drugs have failed, too.

Don’t expect some breakthrough new antibiotic to come along and save us either – because there’s literally nothing in development right now. Zip, zilch, nada.

Heck, there hasn’t been a new class of antibiotics developed in more than a quarter of a century!

As a result, these germs are getting stronger every day – and they’re spreading like wildfire. CRE has popped up in 42 states and counting, according to the latest warning from the CDC.

In the first six months of 2012, CRE infections were reported in 18 percent of all long-term acute care hospitals and 4 percent of all short-stay hospitals in the United States.

Think that’s bad? You ain’t seen nothin’ yet!

CRE is also one heck of a teacher – because once it breaks loose in a hospital or nursing home, it can actually help other bacteria in the same class to also learn to resist drugs.

Next thing you know, even once-harmless bugs have become cold-blooded killers.

It sounds bleak. It IS bleak.

But that doesn’t mean it’s hopeless – because there are steps you can take right now to protect yourself and your family from CRE, MRSA, C-diff, and all the other superbugs making the rounds.
Probiotics can wipe out superbugs

Drugs can’t kill superbugs – but who needs drugs anyway? You’ve got something even better: Armed guards in your gut with the power to keep superbugs in check and help make sure you don’t get sick even if you’re exposed to these germs.

These guards are your good bacteria – and they’re hard at work protecting you right now.

That’s why the problem isn’t simply EXPOSURE to superbugs. No, when you’re healthy, you can usually handle that.

The real problem is when you take an antibiotic, which wipes out the good bugs and allows the superbugs such as CRE, MRSA, and C-diff, to take over and cause infection.

And that’s when you get sick or even die.

In an ideal world, you could protect yourself from most superbug infections by simply never taking an antibiotic.

But that’s not the world we live in.

Antibiotics are a fact of life. Sometimes, you need to take them. And even when you don’t, these drugs can turn up in your food and water.

That’s why it’s critical to protect your gut and replenish your supply of good bugs by taking a probiotic supplement, especially if you’ve been in a care facility or are taking (or have taken) an antibiotic.

In one new study, mice deliberately infected with the vancomycin-resistant enterococci superbug after an antibiotic treatment managed to wipe the germs out after being given a new supply of friendly bacteria, including Barnesiella.

No drugs. Just probiotics.

Does this approach work in humans? You bet it does.

Probiotics aren’t optional anymore. If you wait until you’re sick to get started, you’ve waited too long.

Your bug hunter,

William Campbell Douglass II, M.D.