



STOP USING ANTIBIOTICS RANDOMLY



Monsoon opens the doors for **seasonal flu**. **Throat pain and productive cough** are a few common symptoms that everyone seems to suffer from.

Unfortunately, many people resort to **antibiotics** if the symptoms are not resolved within a few days.

Most of these are viral infections, not bacterial—meaning antibiotics will not help and may actually cause harm.



Antibiotics have long been considered miracle medicines.

They revolutionized modern healthcare, saving millions of lives by treating bacterial infections effectively.

However, their excessive and inappropriate use has become a serious public health concern.

Antibiotics are designed only to kill bacteria.

They are ineffective against viruses, which cause common conditions like:

- **Colds and runny noses** (even when the mucus is thick, yellow, or green)
- **Most sore throats** (except streptococcus infection of the throat, which presents with throat pain, fever, and swollen tonsils)
- **Chest colds or acute bronchitis**



Taking **antibiotics** when they aren't needed **won't speed up recovery** from these conditions. Instead, they can **cause unwanted side effects such as bloating, acidity, diarrhea, and allergic reactions.**



Worse still, misuse of antibiotics contributes to a growing global threat – antibiotic resistance.

Bacteria evolve rapidly. Each unnecessary antibiotic exposure teaches them how to survive future treatments.

Over time, antibiotics lose their power, forcing patients to rely on stronger or intravenous drugs, and in some cases, no available antibiotic works.

Even commonly prescribed antibiotics such as **Azithromycin** can trigger **severe heart rhythm disturbances** in people with **heart disease**, while **Amoxicillin** may lead to **serious reactions** in sensitive individuals.



Another often-overlooked harm of taking **antibiotics** unnecessarily is **damage to gut health**. These medicines **destroy beneficial bacteria** that help with digestion, nutrient absorption, and immunity.



Not every infection needs an antibiotic. It's ok if symptoms persist. Let your **immune system** naturally fight the infection and **build antibodies**. This process strengthens your long-term immunity. You just need to **support the body** with the **right diet and wellness practices**. Consult a doctor if symptoms persist or worsen.



YOUR BODY – AND FUTURE GENERATIONS – WILL THANK YOU FOR USING ANTIBIOTICS RESPONSIBLY.

For doubts and queries, please reach out:

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