

## **Natural and Holistic Medicine: Concerns of Antibiotics which can Lead to Thyroid Conditions**

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When it comes to life-threatening infections, antibiotics have been a Godsend, however for minor infections the following antibiotics are troublesome and are known to cause some nasty side effects.

**The antibiotic family I am referring to are fluoroquinolones. You may also see it referred to as quinolones. The following make up the quinolones:**

**Ciprofloxacin, Cipro, Ciloxan eye drops, Levofloxacin, Levaquin, Quixin, Moxifloxacin, Avelox, Vigamox eye drops, Norfloxacin, Noroxin, Ofloxacin, Floxin, Floxin Otic, Floxacin, Trovafloxacin, Trovan and Alatrofloxacin.**

**Side effects include sudden severe insomnia, hypnic jerks, tendon and cartilage tears, brain fog, weird sensations like bugs crawling on you, headaches, buzzing pain, tinnitus (ear ringing), face-down fatigue, moving abdominal pain and very thyroid symptom possible.**

For people with thyroid disease, these antibiotics are especially worrisome because the quinolone antibiotics are built with a fluoride backbone. It is important to note that fluoride is extremely toxic to your thyroid.

*Combining quinolone antibiotics with Levothyroxine(a T4 drug) may lead to reduced absorption of thyroid medicine and cause changes in TSH.*

From a functional medicine perspective, fluoride competes with iodine which is necessary to make T4.

I don't like fluoride, or fluorine, or anything related to fluoride coming anywhere near your thyroid gland.

Four medications have been pulled off the market, and the remaining drugs have a "black Box" warning on them from the FDA.

If you are taking an antibiotic check with your pharmacist to see if it is in the fluoroquinolone family. If so, you would be wise to ask your physician for another type of antibiotic. Again, this plays an even more significant role if you are suffering with thyroid disease.

**Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**