

ANGLAIS

Antibiotics and the garden inside you

Many kinds of tiny living things live on and in your body. A hundred trillion microbes live in your lower digestive tract*. There may be 100 or more different species of bacteria, yeast*, and other microbes. Don't be frightened ! Many bacteria are symbiotic*. That means the bacteria help you, and you help them. Your intestines give bacteria nourishment and a place to live. In return, bacteria help you digest your food. Some bacteria help produce vitamins. Some help to keep harmful microbes from overgrowing.

Antibiotics can kill the harmful bacteria that make a person sick. At the same time antibiotics can have a serious side effect. Ten days of antibiotics can kill all types of bacteria, not just the harmful ones. Without the helpful bacteria, we cannot digest our food completely. Harmful microbes such as molds* and yeasts can grow out of control. These primitive life forms can get into the blood stream. They make it difficult for the blood to bring oxygen and nutrition to our cells. That can cause fatigue, headaches, and body aches.

When we use an antibiotic, the bacteria it doesn't kill increase. They are antibiotic-resistant with other bacteria gone, those bacteria can grow out of control. They become superbugs like MRSA*. I see many patients with fatigue, allergies and chemical sensitivities. I often find in their health history that they had taken antibiotics many times. Farmers often give antibiotics to their animals to make them grow larger and to prevent disease. People get extra doses of those antibiotics when they eat meat.

To get back to health, they need to improve the garden in their bowels. This means careful food choices and extra vitamin, mineral, and herbal supplements. Sometimes patients need special medication to kill the molds and yeasts. This medication must be carefully watched. Dead yeast cells produce toxins. This lie off effect can cause headaches and tired feelings. The patient gets worse before getting better. Antibiotics don't work for illnesses caused by a virus. Also, for mild* illnesses, it may be better to let the immune system do its job.

By Dr. Ali Majid, Easy English News. November 2010.

Digestive tract : the system of organs from mouth to stomach to intestines

Yeasts : levures

Symbiotic : it is said when two different organisms help each other

Molds : moisissures

MSRA : bacteria causing diseases that most antibiotics cannot kill

Mild : not severe

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**ving compound adjective and nouns like in the
(1.5 marks)**

Example : life forms (lines 10-11) = Forms of life

20. Antibiotic resistant (lines 13-14) =

21. Their health history (line 16) =

22. Food choices (line 20) =

G. Put the verbs in brackets in the correct tenses or forms (2 marks)

If only people (23) (know) .that antibiotics are not totally effective against bacteria these days ! Bacterial resistance to antibiotics (24) (increase) .rapidly nowadays. Resistance (25) (find) ..now in many different kinds of dangerous bacteria, and a formidable risk is posed by the emergence of superbugs that resist (26) (kill) ..by all antibiotics.

H. Reformulate these sentences to have the same meanings (2 marks)

27. Don't be frightened ! (line 3).
- The author wants us

28. The bacteria help you, and you help them (line 4).
- You and the bacteria

III. WRITING (4 marks)

Choose ONE of the following topics

29. You went to the pharmacy to buy antibiotics, without a medical prescription.. Write down your conversation with the pharmacist.
30. According to you, what should people do to have a good health ? Write about 15 lines(120words) at least.