



**Dr. Malott-Brechtel**

### **All Gassed Up!**

Dear Dr. Brechtel,  
I just finished a prescription of antibiotics and now have been experiencing an increase in gas and bloating. Why is that, and what can I do about it?

Antibiotics are prescribed to kill bad bacteria (an infection) in your body . They are usually successful in this endeavor, but they also reek havoc with your gut bacterial flora. Our guts are populated by several different kinds of good bacteria (flora) that help our immune system function better and help us metabolize vitamins critical to cellular health. The antibiotics you took inadvertently killed the good bacteria, and voilà...indigestion.

Probiotics are available at your local health food store (such as HerbalQuest) and contain “good bacteria” to help repopulate your gut and restore GI balance again. You can also get some of these good bacteria from foods such as yogurt. This balance is so important that each time you are given a prescription of antibiotics, you should visit the health food store for some probiotics.

*Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via [www.malottchiropractic.com](http://www.malottchiropractic.com)*