

Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

**Book:**

[FDA's Bad Bug Book—FREE](#)

**Recipe:**

[Martha Stewart Living](#)



**80%**  
OF ANTIBIOTICS  
ARE USED IN FACTORY FARMS.



**WHICH END UP ON YOUR PLATE.**  
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*The quickest way to connect  
who we eat with who we  
love is to love an animal.  
"Until one has loved an ani-  
mal, part of their soul  
remains unawakened"  
-Anatole France*

# Compassionate Carnivores

VIP Monthly Newsletter

AUGUST 2016

## Antibiotic Resistance (AR) – Go Veggie for your Health!

The FDA reported in 2011 that **80 percent** of antibiotics in the United States are sold for agricultural purposes. The FDA also reports that **70 percent of antibiotics** used in livestock are sold for use in feed, 24 percent for use in water and only 4 percent for use as injection. Although livestock producers do use antibiotics to treat sick animals, the far more common usage is for “non-therapeutic” purposes, including disease prevention and growth promotion.

Bacteria evolve in response to the use of antibiotics both in humans and in animals. The development of **antibiotic resistance (AR)** is hastened by the use of low doses of antibiotics at industrial farms. For decades, the drugs have been used routinely not to treat sick animals, but for disease prevention and growth promotion, a practice known as non-therapeutic use.

The livestock industry still minimizes its role in **antibiotic resistance** but the evidence is clear. Several DNA analyses of bacteria point to livestock as the source. The uses of antibiotics in livestock pose a threat to human health. Multiple studies have found **AR** bacteria in retail meat and fish products. When you buy meat at the grocery store, there's a decent chance that it has **AR** bacteria on it. The prevalence of **AR** traits among Salmonella samples ranged from 44 percent in ground beef to approximately 75 percent in ground turkey, chicken breasts and pork chops. The presence of **AR** traits in E. coli samples varied widely: 87 percent in ground turkey, 75 percent in chicken breasts, 48 percent in pork chops and 21 percent in ground beef.

Imagine taking a fraction of a regular dose of antibiotics every day even when you are healthy. Does that make sense given the advice we hear from doctors to take the full course of antibiotics and to take antibiotics only when needed to treat bacterial infections? Could you imagine including a low dose of antibiotics in your food, taken without even consulting a doctor? That's essentially what happens in modern livestock production. And it creates conditions that promote the development of **AR** bacteria. Non-therapeutic uses mean that an entire herd or flock of animals receives small doses for an extended period. This practice kills bacteria that are susceptible to the drug, leaving the **AR** bacteria to survive and reproduce. Recent evidence suggests that antibiotic use in agriculture may affect resistance patterns in bacteria that live naturally in the human digestive tract.

Otherwise-healthy people can carry **AR** bacteria for years without realizing it, and those same **AR** bacteria can pose grave danger as an infection. Whether it is through a persistent food borne illness, urinary tract infection or infection in a hospital, **AR** bacteria make themselves known in patients whose illnesses just do not clear up, leading to round after round of escalating treatments.

**AR** bacteria can spread from livestock not just to humans but to rodents and flies as well. The bacteria fester in waste lagoons, and that waste is then often used as fertilizer, potentially contaminating soil, waterways and crops.

These facts are contained in the report found at this link where you can find a comprehensive report on this subject: [http://www.foodandwaterwatch.org/sites/default/files/Antibiotic%](http://www.foodandwaterwatch.org/sites/default/files/Antibiotic%20Resistance%20in%20Food%20and%20Water.pdf)

**Please remember to buy only cage-free eggs and pass this email to your mailing list.**

**Thank you! Lois**

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