Nature has a way of modifying itself in unforeseen ways to ensure the survival of its creatures. In most cases this is not a problem, and can in fact be beneficial in numerous ways. What happens when evolution takes a turn for the worse? Have you ever heard of viruses or bacteria referred to as superbugs? If not, you may be in for a shock.

Every year thousands of Americans are stricken with one of several strains of superbugs, which are bacteria that have become resistant to nearly every antibiotic known to man. According to an article on Natural News "Researchers have discovered a gene that makes bacteria resistant to nearly every known antibiotic, and it has the capability to transfer between bacterial species." This gene did not just appear out of nowhere, nature mutated it into existence because of the very technologies we created for the sole purpose of killing them off. With advanced medications we are more resilient than ever, and nature is fighting back. I am not implying that we should fight our ailments "au natural" or anything, but many people pop pills like candy every time something is wrong, even if it should not require medication, or worse yet, it is ineffective for the treatment of the problem! In many other cultures where prescriptions and high tech treatments are not available, humans have adapted. The body is not only more resilient from the start, but we are better able to fight the diseases on our own. Society may not want to suffer through the barrage of symptoms caused by bacterial infections, but I am a strong advocate for riding it out if meds are not absolutely needed. I do not know about you, but I would much rather suffer with a headache or a stuffy nose for a day or two instead of taking a prescription cure and adding fuel to the evolutionary fire. Our bodies are designed to fight off many viruses and bacteria, but we will continue losing this ability if we keep relying on an artificial immune system in a bottle.

In addition to frequent overuse, where do the leftover pills end up? Is it better to leave them in their sealed containers and throw them away, should they be flushed, or is there another way to dispose of them. This question not only concerns the flushed pills permanently medicating water supplies and tainting ecosystems , but it is shocking to find that improper disposal exposes the entire environment to the man-made cures. According to the Associated Press, "A vast array of pharmaceuticals including antibiotics, anti-convulsants, mood stabilizers and sex hormones have been found in the drinking water supplies of at least 41 million Americans". As we drink this medicated water we are exposing our bodies to a potent concoction of unknown medications we do not need. This means that the bacteria we have in our body is also exposed to the same medication, and will too eventually become resistant. The pills that end up in waterways and landfills should also be a major concern. As they are released into the environment and are directly or indirectly ingested by animals, the bacteria living in this host will also be exposed, which can also become a superbug. Even though these strains may not affect humans, they can lead to the eventual death of beloved household animals, who often receive antibiotics similar to ones the human population uses. If it is not bad enough losing a beloved pet, there is nothing to say evolution will not change the bacteria to allow it to transfer to humans, and in fact we have seen this happening with viruses such as the Swine and Avian Flu. I honestly do not want to see this turn into a bigger problem than it already is.

In a technologically advanced society where mass production is prevalent, the price of medications is significantly lower and makes them more available to society. Have you ever stood back and looked at the pharmacy shelves in your local Rite Aid, Walgreens, Wal-Mart, or even Giant Eagle? There are thousands of different medicines spread over entire isles for the picking, and that doesn't even include prescription drugs. With such easy access it is very tempting to pick up a box the next time you are not feeling well and take some pills. I am proposing a challenge, the next time you are not feeling well, try something old fashioned. Get plenty of rest, water, and make sure you eat right. This does not work miracles, but think about the consequences of taking that miracle capsule. Let your immune system work its magic. It might surprise you!