

## Superfood (Camel Milk) can Beat the Challenge of Superbug (Bacterial Resistance to Antibiotics)

### Description

The scientists are in agreement that one of the worst health challenge will be the resistant bacteria in the near future. The microbiologists continuously exploring camel milk for its unique antimicrobial characteristics. They revealed that camel milk's (CM) antimicrobial attributes are more important than other multi-dimensional benefits especially in the scenario as scientists have warned about the future threat of superbug [CDC sets threat levels for drug-resistant "superbugs"](#).

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A young Baloch camel herder with camel milk in Kharan desert of Balochistan

Scientists and health officials have been warning us about antibiotic overuse and drug-resistant "superbugs" for a long time. Antibiotics kill bacteria that cause infection but in the process, they can also kill good bacteria (the human body hosts about 100 trillion). This phenomenon is developing towards a complicated two-pronged dilemma, an i.e. resistance of harmful bacteria to antibiotics and vanishing the good bacteria. The scientists have warned that million of people will be killed by the superbug in the years to come.

super bug

Drug-resistant Bacteria Methicillin-resistant Staphylococcus aureus (MERSA)

superbug...jpgsuperbug.jpgsuperbug.jpg

Camel milk fortified with natural antibiotics (lactoferrin, lactic acid bacteria, and others) with symbiotic effect to the good bacteria is a silver lining in the clouds [Camel! A One in All Creatures](#). Such natural food provides needed nourishment to good bacteria and restricts bad bacteria to harm the body. I hope the scientist will conduct some more serious scientific studies to explore the hidden treasure of camel milk to combat the challenge of superbug.

Part B. Added today (30/5/2016). This part is a case of superbug reported by CNN from the USA *"A dreaded superbug found for the first time in a U.S. woman"*.

The case was detailed in a report by the U.S. Department of Defense on Thursday. Centers for Disease Control and Prevention Director Dr. Tom Frieden talked about the case at the National Press Club in Washington. A 49-year-old Pennsylvania [woman showed the presence](#) of a rare kind of E. coli infection, the first known case of its kind in the United States. It is a superbug that is resistant to many antibiotics, even Colistin, which doctors use as a last resort when other antibiotics fail.

The details of the report are provided as a reference # 5.

### References

1. Drug Resistance and Superbug. <http://edition.cnn.com/2013/09/16/health/antibiotic-resistant-infections-cdc/>
2. Antimicrobial characteristics of camel milk; <http://www.ncbi.nlm.nih.gov/pubmed/1319434>
3. <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=514807>
4. [http://academicjournals.org/article/article1380642088\\_Jrad%20et%20al.pdf](http://academicjournals.org/article/article1380642088_Jrad%20et%20al.pdf)

5. <http://edition.cnn.com/2016/05/26/health/first-superbug-cre-case-in-us/>

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