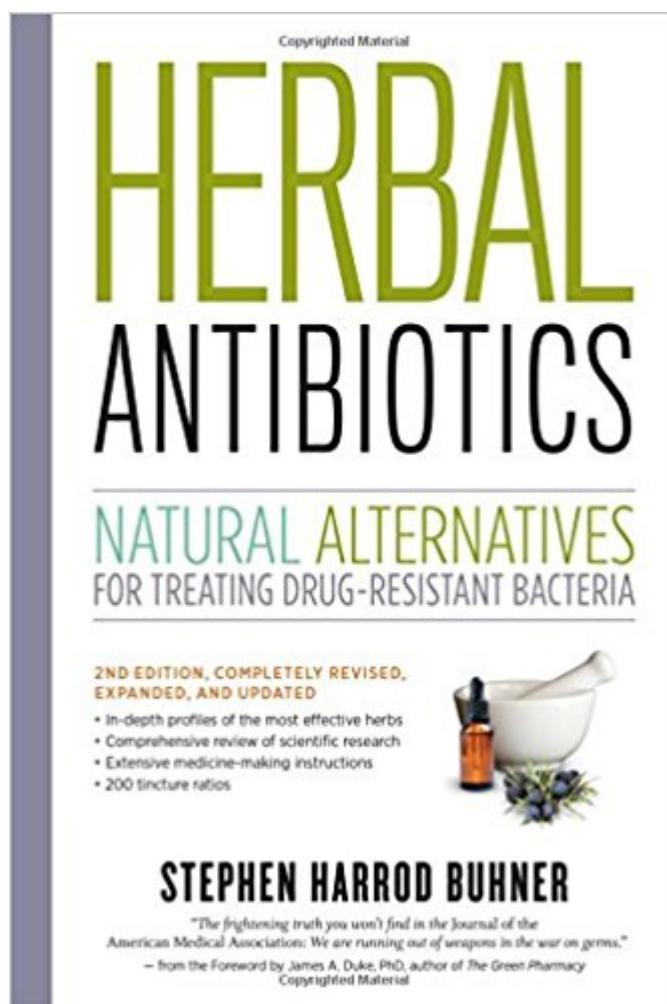


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# Herbal Antibiotics, 2nd Edition: Natural Alternatives For Treating Drug-resistant Bacteria



## Synopsis

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

## Book Information

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## Customer Reviews

“In this timely book, Buhner reveals that plants are the people’s medicine, possessing attributes that pharmaceuticals never will. Humans have misused antibiotics to the point that these drugs are becoming worthless. In *Herbal Antibiotics*, Buhner argues that by turning to plants for healing, we would be working with nature—and improving our chances of surviving the superbugs.” A comprehensive introduction worthy to be on the shelf of any holistic practitioner, herbalist, farmer or parent. The book shows an appreciation for the melding of traditional practices, tools, and wisdom with modern research and insight.

The Essential Guide to Building Your Natural Defenses Bacterial infections are on the rise, and pharmaceutical antibiotics are increasingly powerless to stop them. Pathogenic bacteria are tenacious survivors; they outsmart modern medicine and become virulent "superbugs," resistant to antibiotics and increasingly deadly. Stephen Harrod Buhner offers conclusive evidence that plant

medicines, with their complex mix of multiple antibiotic, systemic, and synergistic compounds, should be our first line of defense against resistant infections. His indispensable reference explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of the most reliably effective herbs, giving you the confidence to identify the best herbal formulas and make medicines yourself.

My daughter had MRSA, went thru antibiotic routine, it spreads (colonized) Went to UIC, no help. Tried the herbs recommended & it is clearing up. Have pics to document. Shared with pediatrician and she was intrigued & saw the proof!

This book is a little technical for the non-medical person. Some knowledge of medical terminology is needed in order to fully understand some parts of the text. This was not a problem for me, but I can see where it could be for some who are unfamiliar with medical terms. I would recommend purchasing companion books with photographs of the plants mentioned, as well as some more basic literature to go with this book. Particularly a medical dictionary.

I am new to using Herbs to help with illnesses this is a good reference for Herbs that can be used to fight bacteria especially the newly created Drug-resistant bacteria like MRSA. He also give an very good history of medicine and herbal medicine. He lists many herbs and what they contain. A must resources for people who are trying to heal and treat illness rather than suppress the illness with medication.

Buhner's book is extremely helpful in learning more about how herbs can be used in place of antibiotics. This is such an important topic and he does a great job explaining it to those who have little experience in the neropathic world.

For the 'healthy' interested in maintaining health, for the misguided who believes it is a war of 'us' against 'them'

It's been a while since I ordered the book. It is very informative, and I've learned some new things. The thing with this book is that you might want to get a book on herbs with pictures along with it to know what the author is referring to.

A well-organized 468 pages and very good. This is WORLDWIDE herbology, the best herb for the job, irrespective of country or culture. Does not address the energetic angle of interpreting illness as Messages from the Body, but short of that, the best textbooks I've ever seen on herbs for antibiotic use. The below is a view of this work from an energetic perspective; that is, what can be tested with muscle testing of any kind, towards solutions for your self and for patrons. General rules of thumb for dealing with resistant infections Systemic infection ~ try: *Cryptolepis* Severe diarrhea, dysentery ~ try berberine herbs, any Urinary tract infection ~ try: Juniper berry combined with *bidens* Infected surface or surgical wound ~ try: Honey has always worked Meningitis ~ try: Add *piperine*, *isatis* and others are suggested (abbreviated from p. 45) Buhner reminds of the distinction between bacteria with one cell wall and two cell walls. Gram positive bacteria are stainable because they have only one cell wall. Gram negative bacteria are not stainable as they have two cell walls. This distinction is therefore a possible distinction to test for. The main resistant Gram-positive (single cell wall) bacteria are: - *Clostridium difficile* - *Enterococcus* spp. - *Mycobacterium tuberculosis* - *Staphylococcus aureus* - *Streptococcus* spp. (abbreviated from Chap. 2) Extensive detail on how to deal herbally with each and its variants follows. The main resistant Gram-negative (double cell wall) bacteria are: *acinetobacter baumannii* *campylobacter jejuni* *E. coli* *haemophilus influenzae* *klebsiella pneumoniae* *neisseria gonorrhoeae* *proteus* spp. *Pseudomonas aeruginosa* *salmonella* spp. (including *S. typhi*...) *serrata* *marcescens* *shigellia* spp. (including *dysentariae*...) *stenotrophomonas maltophilia* *vibrio cholerae* (abbreviated from p. 54) Extensive detail on how to deal herbally with each and its variants follows. SYSTEMIC herbs ~ These herbs travel to all parts of the body when ingested: *Cryptolepis*, *Sida*, *Alchornea*, *Bidens*, *Artemisia*. LOCALIZED NON-SYSTEMICS ~ these herbs do not easily cross the GI tract membrane. They concentrate in the bloodstream. This limits them effectively to the GI tract, skin or certain organs (he explains more): The berberines, Juniper, Honey, *Usnea* SYNERGISTS ~ three he likes are: licorice, ginger and black pepper. A wealth of thorough detail on all aspects follows.

Great book. Got it because of the reviews I had seen online. Would recommend it to anyone looking to do herbal tinctures. or suffering from something they struggle to get rid of.

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