

# 10 Natural Antibiotics to Keep in Your Herbal Medicine Chest



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When penicillin arrived on the scene, both scientists and doctors thought the panacea for all germs was here at last. But now, less than 80 years later, massive over-prescribing by the modern healthcare industry has rendered today's antibiotics less and less effective. Another culprit: The increased use of antibiotics in factory-farm animals for meat and dairy, which trickles down into human food as a diluted source of daily dosage.

Our bodies have become saturated with diluted pharmaceutical grade antibiotics. Their constant presence has caused the pathogens inside us to morph into superbugs, which subsequently outsmarted the best science has to offer. "It is not difficult to make microbes resistant to penicillin in the laboratory by exposing them to concentrations not sufficient to kill them," warned Alexander Fleming. Fleming created the first antibiotic, penicillin, back in 1945, and received a Nobel Prize for medicine. "There is the danger that the ignorant man may easily under-dose himself and by exposing his microbes to non-lethal quantities of the drug make them resistant."

And while bacteria have been a part of "life" on Earth since the dawn of time, the recent and constant exposure to antibiotics -- which kill even "good" bacteria -- is responsible for both the lack of healthy bacteria in the human digestive tract and the rise of superbugs that are resistant to an increasing number antibiotic drugs.

## Nature vs. Science

Antibiotics are engineered to target one specific aspect of pathogen activity, rendering germs with the capability of surviving with the other actions they perform, and easily avoiding other types of antibiotics. With each subsequent generation, pathogens develop the ability to eliminate the action susceptible to antibiotics, build new functions, and simply carry on.

On the other hand, nature has one or more botanical plants that kill every aspect of pathogens. Wiping out the correct amount of excess bacteria in the body, for instance, rebalances the population of friendly bacteria and supports the health of lymph and immune functions.

# 10 herbal medicines that kill superbugs

## ABF - Anti-Bacterial Formula:

ABF features Thyme and Chamomile, nature's strongest herbal anti-bacterial combination, plus other boosting herbs that deliver potent properties that may:

- Eliminate acute bacterial infections and swelling, redness, inflammation, fever, nausea, diarrhea, bloating, and pain
- Remove bacteria from site quickly, leaving nothing to produce secondary infection as do antibiotics
- Leave friendly bacteria in the digestive tract, no need to follow with pro-biotic microbes (which is a must after antibiotics)



## AVF - Anti-Viral Formula:

AVF is a combination of Myrrh, Horseradish and other valuable herbs that may be effective for ridding symptoms of:

- Pain or tenderness, but absence of fever or swelling, common cold, coughing, and rashes
  - AIDS, retro-virus, herpes, warts, syndromes, and tumors
- It can be used in with other Acute Formulas, such as ABF & TNF, and single herbs (i.e. hawthorn berry & yerba santa) for Anthrax.



## AFF - Anti-Fungal Formula:

AFF contains nature's strongest anti-fungal combination of Thyme and Juniper berry plus other potent herbs that have proven effective for:

- Destroying fungus on nerve pathways, in lymph, and brain
- Eliminating athlete's foot, jock itch, fungus on skin and nails, STD's, palsy's, tremors, epilepsy, Alzheimer's, Parkinson's, with effectiveness increased by topical applications of tea tree or eucalyptus essential oil to the site 2-3 x daily for 45 days



## Chamomile:

Chamomile flowers contain phytochemicals that can repair body tissue and brain neural receptor damage, and provide the amino acid Tryptophan which is sedative-like for irritated nerves and mental stress. It's also effective for:

- Calming nerves while promoting positive thoughts, healing head infections - including scalp conditions such as dandruff, tightness, and hair loss
- Relaxing nerve and brain conditions such as compulsive obsessiveness, repetitive thinking, and migraine headaches
- Reducing stomach acid and ache, including symptoms of ulcers and solar plexus pain
- Ridding cramps in digestion, muscle, and menstruation, and providing anti-histamine relief from hives and other skin rashes, including poison ivy and diaper rash
- Balancing pH, reducing swelling, inflammation, and skin conditions associated with eczema and psoriasis
- Neutralizing bacteria-produced toxins, and flushing uric acid through the kidneys



## Echinacea:

This purple cone flower contains active compounds that have been used to treat aging and a wide variety of infections for centuries. Its natural ability to support infection fighting in the human body is complemented by:

- Killing bacteria and healing open wounds, as well as purging toxins from blood poisoning, diphtheria and other bacteria-related illnesses
- Ridding germs that cause colds and flu as an immune boosting support to white blood cells



## Goldenrod:

Used traditionally against strong bacterial infections, especially in the lymph area, Golden Rod may also:

- Stimulate the kidneys, repair all aspects of function in lymph nodes, fluids, circulation, and infection fighting, and boost the respiratory system
- Eliminate upper respiratory infection, pneumonia, mucous relief, and flu
- Surpass behavioral drugs for those who need to get a hold on their emotions, and feel in charge



## Sarsaparilla:

Sarsaparilla contains natural steroids that can repair damage in the kidneys and adrenals, the organs that regulate blood pressure and pH balance. Used for centuries by indigenous people it may:

- Neutralize food poisoning, toxic shock, snake bite, and many lethal insect bites. Stimulate the adrenals to neutralize toxins and proteins in the blood stream, reducing blood pressure, stress, and swelling
- Provide sulfur, iron, calcium, potassium, and magnesium to rid histamines and reduce redness, itching, and hives
- Reduce symptoms of syphilis, rash, and acne
- Strengthen physical vitality, boost alertness, induce sweat as a detox, and flush swelling in skin and organs as a diuretic
- Provide natural properties like testosterone that works to build muscles, tone the skin, and rejuvenate male sexuality



For food or insect poisoning consider taking 15 drops of sarsaparilla extract orally every 5 minutes in extreme cases, or every 15 minutes in milder cases.

## Thyme:

Thyme is a potent anti-bacterial agent and de-stressor, capable of activating positive actions throughout the body, eliminating many causes of tension, and may:

- Repair pancreas & its functions
- Reduce blood sugar & pressure
- Eliminate bacterial infection
- Alkalize acidity
- Balance digestion
- Remove radiation
- Detoxify and tonify
- Prevent viral infection



- Break fevers
- Kill acne causing bacterium
- Boost immunity
- Mitigate histamines
- Increase metabolism and weight loss

### Colloidal Silver:

Used for over a thousand years by Egyptians, Romans, Greeks, sailors, and then by the pioneers who came to populate our country, Silver was used for nearly every illnesses and to keep their foods and liquids from spoiling. Prior to 1938, before antibiotics, colloidal silver was used by doctors as their main substance to fight bacteria in a natural way, and for:

- Killing bacteria on contact
- Supporting brain, kidneys and liver functions
- Promoting healing, regenerating infected and burned skin
- Safety when used for short durations of a few weeks or months



### Tea tree oil:

The oil of the Maleleuka tree is a very potent essential oil that kills bacteria, virus, and fungus when used topically, and has been effectively for:

- Eliminating pustules such as diabetic ulcers, boils, and acne
- Killing antibiotic-resistant MRSA on the skin - important note: Therapeutic-grade tea tree oil must be used undiluted if it is to be used for this purpose
- Anesthetic qualities that numb pain



## 9 household foods that kill pathogens

You may be surprised to know just how many of nature's common household "spice" plants provide better anti-microbial protection than the pharmaceutical version - and that they might already be in your pantry. Before you find yourself in dire need of something that will kill the superbugs, here are 9 herbs and foods that will do the job naturally:

### Cilantro:

Fresh or dried, cilantro is powerful fuel for the heart, lungs, and lymph, providing pathogen eliminating properties that would otherwise cause infection, congestion, or respiratory difficulty. A handful of fresh or dried leaves can be put into 2 inches of boiling water as an inhalation for 20 minutes to clear sinuses and upper respiratory distress, kill the germs causing infection, and open breathing passages.

### Eucalyptus leaves:

The same leaf you may use to flavor soup, meatloaf, stuffing, or to keep the pantry bugs at bay is one of the most effective infection fighters from nature. It's dynamite on chest colds when used in vaporizers, or as a tea or herbal bath due to its antibacterial and viral components that are found in its essential oil. Don't use leaves older than one year - their potency is too depleted to be useful.

**Raw Honey:**

In a recently released study, researchers from the Salve Regina University in Newport, Rhode Island, reaffirmed that raw honey is one of the best natural antibiotics you can have. There is not one single pathogen that can live in raw honey, making it an effective killer of harmful bacteria, virus and fungus. Everyday use in food or to sweeten herbal tea boosts immune function in the body. Topically it also unsurpassed for healing burns without infection or scar tissue. Honey uses a combination of weapons including polyphenols, hydrogen peroxide and an osmotic effect. Honey is an ambidextrous fighter, using multiple modalities to kill bacteria.

Lead author Susan M. Meschwitz, Ph.D., presented the findings at the 247th National Meeting of the American Chemical Society. She said "The unique property of honey lies in its ability to fight infection on multiple levels, making it more difficult for bacteria to develop resistance".

**Horseradish:**

Fresh or prepared in vinegar, horseradish is powerful at killing bacteria, internally, topically or as aroma therapy. When taken daily it becomes an elixir, providing agents that restore nerve damage, calm anxiety, alleviate back pain, reduce congestion, open air passages, and stimulate all immune factors, while improving brain function and digestion.

**Bentonite Clay:**

Bentonite clay is found in mountain ranges and possesses remarkable healing powers. When it is mixed with water, witch hazel astringent, or Absolut vodka and used topically, it is known for its ability to draw infections from wounds in a matter of hours or days, bringing about total recovery. The substances found in this clay have a number of topical uses, including for burns, rashes, minor wounds and infections.

**Turmeric:**

This "curry" herb has been used in Ayurvedic and Chinese medicine for many thousands of years to treat a wide range of infections. The antibacterial and anti-inflammatory qualities have been known to be highly effective in the treatment of bacterial infections. It can also be used topically for MRSA and additional lesions of the skin.

**Oregano:**

The essential oil contained in oregano is known best for its bacteria-killing abilities, as well as controlling staph infections like MRSA. It contains antioxidant, antiseptic, antiviral, antifungal, anti-inflammatory, anti-parasitic and pain-relieving properties. In 2001, *Science Daily* reported on a Georgetown University study which found that oregano oil's germ-killing properties were nearly as effective as most antibiotics. Use the dried leaf as a tea or inhalation.

**Olive oil & leaf extract:** This substance has been used for a number of centuries to battle bacterial infections and is now currently being used as well to fight MRSA infections in some European hospitals. It provides immune system support while fighting antibiotic-resistant infections.

**Garlic:** This tasteful seasoning veggie has been used for medicinal purposes around the world for thousands of years. It was even used in the 1700s to ward off the plague. It possesses very potent antibacterial, antiviral and antifungal properties. Use it as you would antibiotics - only for infections, not as daily food, and follow it up with pro-biotic microbes to re-seed intestinal flora and fauna.