ANTIBIOTICS

Often using antibiotics will imbalance the bacteria/yeast in the gut, causing it to multiple and migrate throughout the body. Restricting the sugars and refined products for 3-6 months after taking antibiotics will help, as will taking probiotics daily.
Also look at Immune System help so you create less tendency to need antibiotics.

Natural Antibiotics:

There are many homeopathic remedies that serve as natural antibiotic, but most people are not educated in this area. Taking large doses of Vitamin C daily eg. 2,000mg per meal, will be very effective. Continue it until no infection and then do an extra day or two. You can also take high doses of Vitamin D when you feel a sickness coming on – do 25,000IU a day for 3-4 days, then drop back down to 4,000-5,000IU a day.

Herbal Antibiotics:

Aloe fresh juice: you can grow this as a houseplant to use whenever you want or you can buy the juice or gel in a store. Use externally as antibacterial, antimicrobial, antiviral, would healing accelerator, anti-inflammatory, anti-ulcer. Internally you can use as a purgative or to stimulate smooth muscle contractions. It has been used effectively against Staphylococcus aureus, and herpes.

Echinacea flower or root. There are two types: Angustifolia uses the root that is harvested in spring or fall. Purpurea uses the flower, picked after the seeds have matured on the cone, but flower petals still present, and the root may also be used. You can grow these in your backyard if you can't obtain the remedy in stores. Echinacea stimulates the immune system, has anti-inflammatory and antibacterial properties. Use against Staph, Strep, TB. It seems to have a good affinity to help the respiratory system.

Eucalyptus is usually in the form of an essential oil. Keep it on the shelf so it is ready when needed. It has antibacterial, antimalarial, antifungal, antipyretic, antiseptic, diaphoretic and stimulates mucous secretions. May people breathe in the fumes of eucalyptus by either dabbing it under the nose, or putting in on top of hot water, leaning over the bowel with a towel over your head and breathing in the fumes. Vicks vaporub uses eucalyptus. It is effective against just about any microbe there is.

Garlic is one of the most powerful herbs for treating antibiotic resistant disease (followed by grapefruit seed extract). No other herb is as good. When the bulb is bruised or crushed, a compound called allicin is released. The odorless, sulfur containing amino acid in garlic (alliin) comes into contact with the enzyme allinase and produces allicin which is the primary compound responsible for garlic's odor. Raw garlic and/or its juice kills bacterial infection int he gastro tract as soon as it comes into contact. It has been used as a douche, has been placed into craters caused by skin cancer, used as a poultice, as a gargle. If using fresh cloves, eat 1 cove up to 3 times a day for prevention. You can mix with honey to help with the taste or drink with tomato juice. If caps do 3 times a day to prevent and if infected, take up to 30 caps a day. As a tincture, take 40 drops up to 6 times a day.

Ginger root is easily obtained in grocery stores. Has antibacterial, antiviral, anti-inflammatory, anti-spasmodic, anti-fungal etc. Has been used against Shigella, Malaria, Staph, Candida, E coli, Klebsiella and Strep and Salmonella. In caps take 3 caps 3 times a day for helping immunity, and up to 25 caps a day if infection. For tincture do 10-20 drops up to 4 times a day if fresh root used, and double that if dried root is used. If tea, take 1 oz and steep 5 min in a cup of water if fresh root. If dried root use 1 1/2 tsp in a cup of water, simmer for 10 minutes, drink throughout the day.

Goldenseal root is great for any type of bacterial infection. Take 2 twice a day, no more than 10 days or you may upset the natural flora. Because this herb is soooo good at remedying bacterial infections, most of the wild crafting has cleaned out natural sources but if you buy it in tincture form, it can last for many years on your shelf until you need it. So use for lung infections, bowel infections including diverticulosis, kidney-bladder infections.

Grapefruit Seed Extract uses the seed and fruit peel. Has been used against most bacterium,

parasites, viruses, fungi. Along with Garlic, it is the most powerful broad spectrum antibiotic available. You can still buy this in health food stores, but there may come a time when you have to make your own. Grind the seeds well, add 95% grain alcohol to moisten without getting it soupy, should look like damp sawdust. Let stand for 24 hr covered, add 70% vegetable glycerine and 30% spring or distilled water in a 1:3 ratio – so if you 20 oz seeds, you need 30 oz liquid of which 21 oz will be veg. Glycerine and 9 oz will be water. Add liquid to the grapefruit seed and alcohol, mix well, let stand 2 weeks, strain and store in amber bottle in dark cupboard.

Honey has natural antibiotic, antiviral, anti-inflammatory, anticarcinogenic, expectorant, antifungal. It protects the hive and it will protect you. Externally, it is especially easy to smear on a clean wound or burn or ulceration (eg. Bed sores) to help it seal and heal. It has been used for Staph, Strep, Enterococcus, and Helicobacter pylori. For internal use take 1 Tbsp three times a day as prevention, or every hour in acute infection. You can also mix it in tea. A good cold and flu tea is 2 tsp sage, juice of one lemon, pinch cayenne and 1 Tbsp honey – pour 1 cup boiling water over sage, allow to steep 10 min. Strain and add the lemon, cayenne and honey and then drink it hot.

Juniper berries as well as the needles are used, but the bark, wood and root are also good. Berries are bluish-purple in colour when ripe. If you pick them green, do so after the first frost. It is antibacterial, antimicrobial, antiseptic, antifungal, anticatarrhal. Use for Staph, Strep, E coli, Shigella, Candida, Salmonella. If tincture use a 1:5 ratio of berries using 75% alcohol (see how to make tinctures). Take 5-30 drops three times a day. As a tea use 1 tsp ground needles steeped in 2/3 cup boiling water for 15 min. Which is good for upper respiratory infections or food poisoning. For shigella, drink as much tea as you can. Juniper is a good remedy for fatty liver.

Licorice root. Not grown in North America but so far hasn't been a problem to get. Antioxidant, antidiuretic, smooth muscle relaxant, gentle laxative, expectorant, demulcent, reduces gastric secretions, stimulates pancreas secretions. Use for malaria, TB, Bacillus subtilis, Staph, Strep, Candida, Salmonella, E coli, Toxocara. Use as tea, caps or tincture. Not recommended if high blood pressure – you can get deglycyrrhized licorice root if you have this condition.

Wormwood – can grow in your backyard. Antibacterial, antimalarial, antifungal, antiparasite, gastric stimulant, bitter tonic. For malaria, Staph, Candida, Klebsiella, worms. Sometimes you can also get it in essential oil form and can be used against most microbes.

USING SPICES AS ANTIBACTERIALS

The most powerful are:

- **chili powder (capsicum, onion, paprika, garlic, cumin, oregano),**
- **chinese five-spice powder (combination of white or black pepper, cinnamon, anise, fennel, cloves),**
- **salsa (capsicum, onion, garlic, tomato, lime)**
- **curry powder (turmeric(antibacterial, antifungal, antiparasitick antiviral),**
- **curry leaves (antiamebic, antimalarial, antidiarrhea)**
- **cumin**
- **cardamom**
- **ginger**
- **mustard**
- **coriander**

Some of these spices might only kill about 25% of the number of bacteria types but they are very strong against one or two bacteria:

- **Rosemary**
- **Juniper**
- **Thyme**

- **Marjoram**
- **Sage**
- **Lemon or lime juice**

<u>Strength of antibacterial spices:</u>

Highest kill rate (100%): garlic, onions, allspice, oregano
Next highest (75-90%): thyme, cinnamon, tarragon, cumin, cloves, lemongrass, bayleaf, capsicum, rosemary, marjoram, mustard
Next highest (50-72%): caraway, mint, sage. Fennel, coriander,, dill, nutmeg, basil, parsley.
Poorest kill rate (but still kills 25—50% of bacteria): cardamom, pepper, ginger, anise seed, celery seed, lemon or lime juice.

Common microbe type diseases and what you can use to control with natural healing agents:

Enterococcus – generally get this after surgeries, blood poisoning. If it comes from surgery, use usnea, echinacea, garlic, grapefruit seed extract, eucalyptus, honey, with hazel. If it comes from blood poisoning try echinacea in large doses, garlic also in large doses, usnea in large doses.

Haemophilus influenzae (Meningitis, ear infections, pneumonia, sinusitis): Coltsfoot is specific for this bacteria, garlic, goldenseal, sage, oak bark, boneset, grapefruit seed extract. For pneumonia you can use essential oils of thyme or oregano carefully – they are very strong.

Mycobacterium tuberculosis – Best to use garlic, usnea, grapefruit seed extract, boneset, goldenseal, red clover blossom, shizandra, elecampane

Neisseria gonorrhea – Use garlic, acacia, large spotted spurge, cassia abbreviata.

Plasmodium falciiparum (Malaria) – use Cryptolepsis, artemesia, uvaria, brucea javanica, garlic vine (mansoa standleyi)

Shigella dysenteriae – produces severe diarrhea. Use goldenseal, garlic, grapefruit seed extract, Terminalia, cryuptolepsis, sage, oak

Staphylococcus aureus (created pneumonia, post surgical infections, bacteremia), For pneumonia try usnea, garlic, goldenseal, cryptolepsis, eucalyptus, boneset, wormwood. Juniper, Withania, Populus, grapefruit seed extract, essential oils of oregano or thyme. For surgical or skin infections use usnea, garlic, cryptolepsis, eucalyptus, wormwood, sage, honey, St. John's wort, Withania, juniper, Cassia, Terminalia, grapefruit seed extract. For bacteria: massive doses of: echinacea, garlic, usnea, boneset.

Streptococcus pneumoniae (meningitis, pneumonia). Good remedies are garlic, usnea, echinacea (for strep throat), eucalyptus, ginger, sage, rosemary, boneset, grapefruit seed extract, lavender.

Klebsiella pneumoniae (give pneumonia, urinary tract and surgical wound infections, bacteremia). For urinary tract infections: eucalyptus, juniper, uva ursi, goldenseal. For pneumonia try ginger, goldenseal, grapefruit seed extract, sage, wormwood, boneset, essential oils of thyme or oregano, pleurisy root. For surgical wound infections try eucalyptus, ginger, goldenseal, sage, wormwood. For bacteremia: do massive doses of: echinacea, garlic.

Escherichia coli (E coli): obtained usually from virulent strains of food poisoning, produces severe blood diarrhea. Try goldenseal, garlic, eucalyptus, cryptolepsis, juniper, acacia, sage, ginger, grapefruit seed extract.

Salmonella (food poisoning produces severe diarrhea). Try garlic, eucalyptus, wormwood, juniper, goldenseal, sage, ginger, acacia, grapefruit seed extract, terminalia, punica.