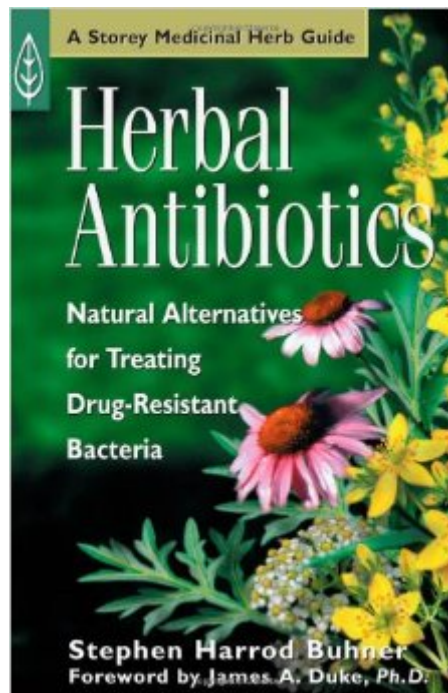


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# Herbal Antibiotics: Natural Alternatives For Treating Drug-Resistant Bacteria (Medicinal Herb Guide)



## Synopsis

Current information about antibiotic resistant microbes and the herbs that are effective in fighting them.

## Book Information

Series: Medicinal Herb Guide

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (82 customer reviews)

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## Customer Reviews

Plenty of mention of unsubstantiated or even partially invalidated herbs like echinacea, eucalyptus coupled with fluff and really surface-level ubiquitous information one can get in any herbal book gets "Herbal Antibiotics" my one-star review. Maybe I'm being too harsh but I believe it's foolish and off-putting for a book about herbal antibiotics to omit any of the following: oregano, thyme, olive leaf, chinese scullcap, turmeric. These are among the most important antibiotic herbs cited in several similar books and substantiated by scientific studies on pubmed, nih and medical universities abroad. To fact check me, look up some of the 'active' molecules contained within those herbs: carvacrol, eugenol, thymol, curcuminoid in google- first hit should be wikipedia- read it then thank me for not wasting money on this book. I think it's funny how we herbalists cherry pick from recycled, syndicated, reworded-a-thousand-times-over information that essentially can be traced back to an historically-fascinating, folklorically-relevant but outdated 'A Modern Herbal'. Such is the case of the author's section on eucalyptus, which imo, is just intellectually lazy bordering on negligent. Why the heck, I ask, can't any of us herbalists seem to do actual, real research? Go deep or go home. I don't own this book thank goodness, I skimmed through it at a bookstore and rolled my

eyes so much i almost broke something. Because it's so much like others- it's fluff heavy and thin on reality. A better book, "Prescription for Herbal Healing". Thorough enough. Right-headed, some good research there. There is an inherent bias among herbalist that says, "if it's called an 'herb' it must be 'healing' because that's what they do". I disagree.

I missed the one star review by Negu, or I would not have purchased this book... I, too, was disappointed to see that some very important herbs like oregano, turmeric, thyme, olive leaf, and Chinese skullcap are not included. But in possible defense of the author, some of these herbs really came to popularity after 1999. I just purchased the 2nd edition hoping these would be included. I also hope to see Manuka honey added to the author's section on honey. Among other uses, Manuka honey is now widely used in wound clinics to treat MRSA/ staphylococcus. The author's only suggestion regarding MRSA is basically to keep your immune system strong so you don't get it. And while the benefits of fresh cabbage juice is included there is no mention of the added benefits of taking it in its fermented form, as in home-made sauerkraut juice. There is also nothing regarding the treatment of other newer, and more virulent, super bugs related to Streptococcal infections, such as necrotizing fasciitis (aka the flesh eating bacteria) but again, MRSA and Streptococcal were just gaining speed, and drug-resistant bacteria was in its relative infancy as of the date of this publication. For the 2nd edition, my own feeling is I would like to see proven herbal remedies that ward off any possible staphylococcus or streptococcal invasion at the first sign of infection. With necrotizing fasciitis, for instance, you might have less than a 24 hour window to attempt to treat it at home (and some of these bugs can take a life in less than this!) after which you'd better get to the hospital STAT to have any chance of survival. Without treatment most die by day four. (I speak from personal experience.

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