

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

Stephen Harrod Buhner - pdf download free book

## 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 becoming more virulent and resistant to their "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 modes of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of the most reliably effective herbs. It lays out the evidence to identify the best herbal formulas and make medicines yourself.

As we prepare for the onslaught of antibiotics, this reference is a critical part of every family's library.

A truly invaluable resource that is also a detailed how-to primer of natural solutions based on herbal and natural practices.

—**Laura Rizzo, PhD, ND**, Director of Clinical Chinese Medicine, National College of Natural Medicine, and co-host of True Nature Radio

The important link that anyone involved with healthcare should read. The book bridges traditional herbology, modern phytotherapy, and laboratory and clinical research. It is a major contribution to the healing of humanity's relationship with bacteria.

—**David Hoffmann, BSc, PhD**, Medical Herbalist

"Our immune systems are becoming increasingly burdened and are desperately need the complexity and range of plant-based medicines to help restore the microbial balance in our bodies. This valuable resource book helps you to know what to use, how, and when!"

—**Jeff Whitman, MD**, Integrative Functional Family Physician, Assistant Clinical Professor of Family Medicine, University of Vermont

"This book will save your life. Literally. Super bugs have moved out of our hospitals and into our streets. Do you know how to help yourself and those you care of you contract such an infection? Now you do!"

—**Samuel S. Hahn, M.D.**, Author, *Healing With Herbs*

STEPHEN HARROD BUHNER, MD  
is the leading world expert on the benefits of herbal medicines. In the bestselling author of *Herbs at the Heart of Plant Medicine*, *The Last Leaf of the Tree*, *From the Earth to the Heart*, and *The Secret Healing of Plants for Skin and Wounds in New Mexico*.



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## Description:

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.

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