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# **Herbal Antibiotics 2nd Edition Natural Alternativ**

*The complete guide to the  
many uses and benefits of*

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*colloidal silver • Explains how to use colloidal silver to boost immunity, reduce inflammation, and treat 80 common diseases and conditions, including eczema, acne, thrush, flu, asthma, hay fever, mastitis,*

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*canker sores, gingivitis,  
and conjunctivitis • Details  
the correct dosages and  
applications of colloidal  
silver, including the proper  
“parts per million” (ppm)  
for acute treatments and  
daily use • Debunks concerns*

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*about colloidal silver and argyria, the "blue man" phenomena associated with silver intake • Looks at the latest scientific studies from UCLA Medical Center, Temple University, and other well-known institutions*

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*Colloidal silver was widely used as a natural antibiotic and antiviral until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. Now with the rise of*

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*antibiotic-resistant  
infections, colloidal silver  
has reentered the sights of  
medical researchers,  
alternative health  
practitioners, and those  
looking to take control of  
their own health. In this*

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*practical guide, the authors explore the many uses and benefits of colloidal silver for boosting immunity, reducing pain and inflammation, and treating more than 80 common diseases and conditions, including*

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*eczema, acne, thrush, flu,  
asthma, hay fever, mastitis,  
canker sores, gingivitis,  
and conjunctivitis. Citing  
scientific studies from UCLA  
Medical Center, Temple  
University, and other well-  
known institutions, they*



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*reveal how colloidal silver works against bacteria, viruses, and fungi, including strep, staph, and candida, often in a matter of minutes. They examine how it accelerates the healing of cuts and bruises and how*

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*it can also be used to treat  
our animal companions. They  
explore its use, with no  
side effects, in the  
treatment of diseases of the  
eyes, skin, mouth,  
respiratory tract, and  
digestive tract as well as*

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*in the treatment of cancer.  
Debunking concerns about  
colloidal silver and  
argyria, the "blue man"  
phenomena associated with  
silver intake, the authors  
detail the correct dosages  
and applications of*

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*colloidal silver, including the proper "parts per million" (ppm) concentration for each ailment and for daily use. They explain what to look for when purchasing colloidal silver as well as how to make it at home. They*

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*also explore the long history of silver in folk medicine, including its use by Hildegard von Bingen, and its use in homeopathy, crystal healing, anthroposophic medicine, and spagyrics.*

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*Evidence-Based Validation of Herbal Medicines brings together current thinking and practice in the areas of characterization and validation of natural products. This book reviews all aspects of evaluation*

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*and development of medicines  
from plant sources,  
including their cultivation,  
collection, phytochemical  
and phyto-pharmacological  
evaluation, and therapeutic  
potential. Emphasis is  
placed on describing the*

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*full range of evidence-based analytical and bio-analytical techniques used to characterize natural products, including -omic technologies, phyto-chemical analysis, hyphenated techniques, and many more.*



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*Includes state-of-the-art  
methods for detecting,  
isolating, and performing  
structure elucidation by  
degradation and  
spectroscopic techniques  
Covers biosynthesis,  
synthesis, and biological*

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*activity related to natural  
products Consolidates  
information to save time and  
money in research Increases  
confidence levels in quality  
and validity of natural  
products*

*A practical, authoritative*

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*reference guide to more than  
50 medicinal plants that  
offer natural, safe ways to  
optimize your brain health.  
Expert authors and mother-  
daughter team Elaine and  
Nicolette Perry have  
mastered an ever-growing*

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*body of scientific research  
(some of which they  
themselves pioneered) on how  
medicinal plants can help  
you sleep soundly, reduce  
stress, improve your memory,  
and simply feel better—in  
body and mind. Organized to*

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*easily steer you toward the  
best remedies for your  
individual needs, Your Brain  
on Plants presents: Calming  
Balms Cognition Boosters  
Blues Busters Sleep  
Promoters Pain Relievers  
Extra Energizers Mind-*

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*Altering Plants Plant  
Panaceas Within each of  
these chapters are detailed  
entries for the medicinal  
plants and herbs suited to  
the task, including what  
scientists know about them,  
their active ingredients,*

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*and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Plus, foods*

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*naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower*



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*meadow), and walking (in  
woodland). Praise for Your  
Brain on Plants “Two  
qualified nutritional  
specialists have assembled a  
clear, concise reference of  
well-known plants believed  
to benefit the brain . . .*

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*Fascinating facts and bits of folklore, controversies, and important herb-drug interactions add to this timely and intriguing text.”*  
—Choice *“This unique volume focusing on plants for mental health will be of*

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*interest to anyone  
considering herbal  
medicines.” –Booklist  
This is the first  
comprehensive book ever  
written on the sacred  
aspects of indigenous,  
historical psychotropic and*

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*herbal healing beers of the  
world.*

*Invasive Plant Medicine*

*Biomolecular and Clinical*

*Aspects, Second Edition*

*Healing Lyme Disease*

*Coinfections*

*Harvest and Make Your Own*

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*Herbal Remedies*

*Rosemary Gladstar's Herbal  
Recipes for Vibrant Health  
Natural Healing of Lyme  
Borreliosis and the  
Coinfections Chlamydia and  
Spotted Fever Rickettsioses  
Herbal Antivirals*

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*Strengthen Your Immunity  
Naturally*

***Backyard Medicine is a  
beautiful book, packed with  
nearly 300 color photographs  
and over 120 herbal remedies  
that you can make yourself. It  
gives a fascinating insight***

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***into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants.***

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***Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.***  
***"In this comprehensive guide,***



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***the author profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and***

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***strengthen immunity, safely  
and naturally. The updated  
2nd edition also includes an  
expanded guide to  
COVID-19"--***

***This full-color text and  
practical clinical reference  
provides comprehensive***

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***information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of***

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***plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry. The first book to demonstrate how plants originally considered harmful to the***

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***environment actually restore  
Earth's ecosystems and  
possess powerful healing  
properties • Explains how  
invasive plants enhance  
biodiversity, purify  
ecosystems, and revitalize  
the land • Provides a detailed***

***look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in***

***traditional healing. In opposition to the loud chorus of those clamoring for the eradication of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these***

***opportunistic plants are restoring health to Earth's ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function***



***that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. Invasive Plant***

***Medicine demonstrates how these “invasives” restore natural balance and biodiversity to the environment and examines the powerful healing properties offered by 25 of the most common invasive***

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***plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage;***

***contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence***

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***allows them to flourish  
wherever they grow.***

***Ancient Healing Traditions for  
Modern Times***

***The Art & Science of Creating  
Effective Herbal Remedies***

***Herbal Antivirals***

***Your Brain On Plants***

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***The Ecological Importance of  
Plant Medicines to Life on  
Earth***

***Sacred Plant Medicine***

***On the Art of Nonfiction and  
the Writer's Life***

***Grow It, Heal It***

***With a focus on herbal***

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***medicine and first-aid  
essentials, former Green Beret  
medic and clinical herbalist  
Sam Coffman presents this  
comprehensive home  
reference on medical  
emergency preparedness for***

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***times when professional  
medical care is unavailable.  
Herbal Medic covers first-aid  
essentials, such how to assess  
a situation and a person in  
need of treatment and  
distinguish between illness***



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***and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic introduction to herbal***

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***medicine, with detailed entries on the best herbs to use in treatment; information on disease in the body and how herbs work against it; instructions for making herbal preparations; a list of those***

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***herbs the author has found most useful in his clinical experience; and a wide array of specific herbal care protocols for a multitude of acute health issues. This publication conforms to the***

***EPUB Accessibility  
specification at WCAG 2.0  
Level AA.***

***The global popularity of herbal  
supplements and the promise  
they hold in treating various  
disease states has caused an***

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***unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific***

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***evidence of biomolecular ef  
A manual for opening the  
doors of perception and  
directly engaging the  
intelligence of the Natural  
World • Provides exercises to  
directly perceive and interact***

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***with the complex, living, self-organizing being that is Gaia • Reveals that every life form on Earth is highly intelligent and communicative • Examines the ecological function of invasive plants, bacterial resistance to***

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***antibiotics, psychotropic  
plants and fungi, and the  
human species In Plant  
Intelligence and the Imaginal  
Realm, Stephen Harrod Buhner  
reveals that all life forms on  
Earth possess intelligence,***



***language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings,***

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***become again wild scientists,  
nondomesticated explorers of  
a Gaian world just as Goethe,  
Barbara McClintock, James  
Lovelock, and others have  
done. For as Einstein  
commented, "We cannot solve***

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***the problems facing us by  
using the same kind of  
thinking that created them.”  
Buhner explains how to use  
analogical thinking and  
imaginal perception to directly  
experience the inherent***

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***meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of***

***invasive plants, bacterial  
resistance to antibiotics,  
psychotropic plants and fungi,  
and, most importantly, the  
human species itself. He  
shows that human beings are  
not a plague on the planet,***

***they have a specific ecological function as important to Gaia as that of plants and bacteria. Buhner shows that the capacity for depth connection and meaning-filled communication with the living***

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***world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in so doing begin to***

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***address the difficulties of our times.***

***Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific***



***model's limits and how, once cultivated, it can be applied to disciplines such as medicine.***

***Ensouling Language  
Natural Remedies for  
Emerging & Resistant Viral  
Infections***

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***The Transformational Power of  
Fasting  
Prescription for Herbal Healing  
The Natural Antibiotic  
Heal Yourself Faster, Cheaper  
and Safer - Your A-Z Guide to  
Choosing, Preparing and Using***

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***the Most Effective Natural  
Antiviral Herbs***

***The Lost Language of Plants  
Beyond the Doors of  
Perception into the Dreaming  
of Earth***

**“A great reference for keeping the**

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**family healthy using herbal**

**medicine.” —Cultivate to Plate**

**Are you seeking safe and natural  
ways to help bolster your family’s  
health and wellness? Dr. JJ**

**Pursell, a naturopathic physician  
and the author of The Herbal**

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**Apothecary, is here to help with herbal recipes focused on whole-family health. Medicinal Herbs for Family Health and Wellness focuses on treatments for women, men, babies, kids, and the elderly. It covers everything from asthma,**

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**allergies, and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home. You will also learn how to build a home apothecary**

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**and find value in a primer  
focused on the most powerful  
herbs. There is nothing more  
important than safety when it  
comes to family, and the trusted  
advice found in Medicinal Herbs  
for Family Health and Wellness**

*Page 71/236*

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**will provide the assurance you  
need.**

**The first comprehensive work on  
nonfiction as an art form • Shows  
how nonfiction, especially how-to  
and self-help, can take on the  
same power and luminosity as**



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**great fiction • Develops processes  
to reliably induce the dreaming  
state from which all writing comes  
• Teaches the skill of analogical  
thinking that is the core  
perceptual tool for writers •  
Explores the subtle techniques of**

**powerful writing, from inducing  
associational dreaming in the  
reader, to language symmetry,  
sound patterning, foreshadowing,  
feeling flow, and more**

**Approaching writing as a sacred  
art, Stephen Buhner explores the**

**core of the craft: the  
communication of deep meaning  
that feeds not just the mind but  
also the soul of the reader.  
Tapping into the powerful  
archetypes within language, he  
shows how to enrich your writing**

**by following “golden threads” of inspiration while understanding the crucial invisibles essential to the art of both fiction and nonfiction: how to craft language with feeling and vision, employ altered states of mind to access**

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**the writing trance, clear your  
work by recognizing the powerful  
sway of clichéd thinking and  
hidden baggage, and intentionally  
generate duende--that  
physical/emotional response to art  
that gives you chills, opens up**

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**unrecognized aspects of reality, or  
simply resonates in your soul.**

**Covering some very practical  
aspects of writing such as layering  
and word symmetry, the author  
also explores the inner world of  
publishing--what you really will**

**encounter when you become a  
writer. He then shows how to  
develop a powerful and engaging  
book proposal based on  
understanding the proposal as a  
work of fiction--the map is never  
the territory, nor is the proposal**

**the book that it will become. This book, written using all the techniques discussed within it, offers a powerful, experiential journey into the heart of writing. It does for nonfiction what John Gardner's books on writing did**



**for fiction. It is one of the most significant works on writing published in our time.**

**Silver Nautilus Book Award  
Winner for Health & Healing An  
antacid or an aspirin may soothe  
your pain, but it doesn't cure the**

**cause of your symptoms.**

**Headaches, indigestion, fatigue,  
allergies, anxiety, eczema, high  
blood pressure, and other  
conditions are clues to a deeper  
imbalance in your body, and  
learning to read those clues is a**

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**key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each**

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**of your major body systems —  
respiratory, digestive, immune,  
nervous, memory, reproductive,  
circulatory, and more —  
optimally functions, and you'll  
discover how to use natural  
remedies to nourish and repair**

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**problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well**

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**as expert guidance on buying and effectively using commercial preparations.**

**Explains how to use medicinal herbs and essential oils to fight infectious illness, strengthen the immune system, and combat**

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**antibiotic resistance • Presents 18 of the most potent antibiotic and antiviral herbs and one beehive remedy, propolis, detailing how to use them and what illnesses each is best suited to treat • Reveals how natural antibiotics have**

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**antiviral properties, lack side effects, and have no adverse effects on non-targeted bacteria, such as intestinal flora • Also includes info on restoring gut health with probiotics, strengthening your immune**



**system to become less receptive to infections, and supporting natural antibiotics with detox treatments**  
**Nature offers us many natural antibiotics from the plant kingdom that work powerfully against germs while also being**

**gentle on the body. Knowledge of these safe and natural antibiotics and antivirals is more crucial now than ever as modern antibiotics become less and less effective due to the growing threat of antibiotic-resistant germs. Natural**

**antibiotics even offer an opportunity to reverse antibiotic resistance by reducing the use of pharmaceutical antibiotics to only the most critical cases. In this practical guide, Christopher Vasey presents 18 of the most**

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**potent antibiotic and antiviral  
herbs from around the world and  
one beehive remedy, propolis. He  
details how to use them effectively  
as mother tinctures and essential  
oils as well as what illnesses each  
is best suited to treat. Drawing on**

**the latest research, he explains  
how microbes can't build  
resistance against these natural  
substances due to the many  
molecules in their make-up and  
their large spectrum of action in  
the body, which makes them**

**effective against viruses as well.  
He reveals that, unlike  
pharmaceutical antibiotics and  
antivirals whose list of side effects  
grows in proportion to their  
strength, natural antibiotics  
generally lack any malignant side**

**effects and have no adverse effects on non-targeted bacteria, such as intestinal flora. The author also includes information on probiotics to restore gut health after the use of pharmaceutical antibiotics, ways to strengthen**

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**your immune system and become less receptive to infections, and guidance on detox treatments to support the natural antibiotics as they work. He also provides an index of more than 50 common ailments and diseases with the**



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**most effective medicinal plants and essential oils to use in each case. Offering a way to break free from the threat of antibiotic-resistant germs and improve the body's immune system and internal terrain, this guide gives**

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**each of us the ability to fight  
infections naturally.**

**Modern Herbal Medicine  
Improve the Way You Think and  
Feel with Safe—and  
Proven—Medicinal Plants and  
Herbs**

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**Hands-On Healing Remedies  
Natural Alternatives for Treating  
Drug-Resistant Bacteria  
Sacred and Herbal Healing Beers  
Bacterial Pathogenesis and  
Antibacterial Control  
Natural Antibiotics and Antivirals**

*Page 99/236*

Online Library Herbal  
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**Herbal Antibiotics**

Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent

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and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on

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how to prepare and use  
herbal formulations to  
prevent and treat  
infections such as SARS,  
influenza, and  
encephalitis. These  
natural remedies will

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fight off disease and  
strengthen your immune  
system, keeping your  
family healthy and  
happy.

This National Geographic  
health book provides

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portable answers to  
treating common ailments  
using proven natural  
therapies. Runny nose,  
watery eyes, sinus  
headache? Don't reach  
for the Claritin.



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Instead, learn how to treat seasonal allergies with nasal lavage, a time-honored practice. Upset stomach? Forget chalky antacids; instead wear an acupressure

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wrist band or chew on a  
teaspoon of fennel,  
favored by Indians for  
combating the effects of  
spicy food. Fight  
insomnia with valerian  
root, the leading

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natural herb to promote  
quality sleep with no  
side effects. Sections  
include: · Acupressure  
(use a wrist band to  
relieve motion sickness,  
soothe sore feet, treat

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constipation, relieve  
wrist tension, alleviate  
headaches and neck  
tension, and more) .  
Aromatherapy (De-stress  
in the tub, relieve a  
headache, scent a room

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to create a mood, mix a  
body oil, make a  
compress, and more) .  
Ayurvedic Medicine  
(learn the Sanskrit  
history of "the science  
of life and longevity,"

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how to evaluate  
practitioners, about  
ayurvedic "energy  
prints," and more) .  
Breath Therapy (Relax  
with Wu, Do the 4-7-8  
relaxation breath,

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strengthen diaphragm  
muscles, use the  
20-Cycle Breath to  
improve concentration,  
and more) · Herbs  
(Fennel, Peppermint,  
Valerian Root,

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Chamomile) .

Hydrotherapy (drink the correct amount of water for your body, fight a cold, treat a bruise, rub away fatigue, soothe a sunburn, and more) .



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Massage Therapy (learn quickie massages to do on yourself to: release facial tension, relax your shoulders, help your hands, and release your lower back) .

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Meditation (specific exercises designed to focus on your breath, chant, focus on touch, be mindful) · Nasal Lavage and Steam Therapy (clears sinuses,

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relieves congestion) .

Qigong (a five-minute  
meditation to focus your  
qi energy, learn and  
practice the simple  
eight postures of  
qigong) . Reflexology

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(follow instructions to perform a simple reflexology treatment that can be done anywhere to relax and invigorate your hands) .  
Shiatsu (learn how to

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choose a good shiatsu practitioner, follow instructions to perform a full body shiatsu routine on yourself) .  
Traditional Chinese  
Medicine (learn about

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herbs, heat, and  
cupping) · Yoga (learn  
or perfect your chair  
pose, tree pose, and  
cobra)

Where there's a symptom,  
there's also a homegrown

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cure. With just a windowsill, container, or small space, it's easy to grow an instant herbal remedy. Whether it's a cough, heartburn, joint pain, or

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neuralgia, readers will discover how easy it is to treat 40 ailments and conditions using herbs and herbal preparations they grow and make themselves. With



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inspiration found in  
science, tradition, and  
modern herbalistic  
practices, *Grow It, Heal  
It* touts the healing  
power of more than 50  
herbs—from anise hyssop

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to yerba mansa. Two of the nation's premiere herbalists share growing, harvesting, and healing advice in this easy-to-use and friendly guidebook for herbal

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newbies, featuring teas,  
tinctures, salves,  
poultices, compresses,  
and aromatherapy. Among  
the many benefits of  
growing do-it-yourself  
remedies, readers will

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discover the convenience of preparing healing potions and salves when they're most needed; the advantage of having organic, fresh, and high-quality herbs they've

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nurtured themselves; and how empowering it is to engage in self-care and why that's important to the healing process.

Growing herbs at home allows readers to take

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an active role in their  
own health care.

The first in-depth  
examination of the  
sacred underpinnings of  
the world of Native  
American medicinal

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herbalism • Reveals how shamans and healers “talk” with plants to discover their medicinal properties • Includes the prayers and medicine songs associated with

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each of the plants  
examined • By the author  
of The Secret Teachings  
of Plants As humans  
evolved on Earth they  
used plants for  
everything



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imaginable--food,  
weapons, baskets,  
clothes, shelter, and  
medicine. Indigenous  
peoples the world over  
have been able to gather  
knowledge of plant uses

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by communicating  
directly with plants and  
honoring the sacred  
relationship between  
themselves and the plant  
world. In Sacred Plant  
Medicine Stephen Harrod

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Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to

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communicate with the  
plant world. He explores  
the sacred dimension of  
plant and human  
interactions and the  
territory where plants  
are an expression of

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Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and

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medicine songs

associated with its use.

Natural Alternatives for  
Treating Drug-resistant  
Bacteria

Homemade Natural Herbal  
Remedies to Prevent,

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Heal and Cure Common  
Illnesses, Infections  
and Allergies

Herbal Medic

18 Infection-Fighting

Herbs and Essential Oils

Medicinal Herbs for

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Family Health and  
Wellness

The Wisdom in Native  
American Herbalism  
Natural and Effective  
Herbal Remedies from  
Your Garden or



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Windowsill

Natural Remedies for  
Emerging and Drug-  
Resistant Infections

***Current information about  
antibiotic resistant microbes and  
the herbs that are effective in***

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***fighting them.***

***Fasting practices to reconnect  
with the sacred, regain a sense  
of your life's purpose, and heal  
physically and emotionally •  
Details what to expect during  
your fast physically, emotionally,***

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***and spiritually • Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast • Explains how fasting can help or heal many chronic***

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***conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their***

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***bodies, reconnect to the sacred,  
regain a sense of life's purpose,  
and allow their souls to detoxify.  
We are evolutionarily designed  
to fast, and the body knows how  
to do it very well. Fasting allows  
the body and all its systems to***

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***rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily***

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***functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner***

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***reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional,***



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***and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how***

***to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures,***

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***hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities***

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***for self-healing.***

***Looks at the basic principles of  
herbal medicine and outlines the  
properties of herbs and herbal  
combination forumlas for various  
kinds of ailments and alternative  
treatments.***

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***The authoritative and  
comprehensive modern textbook  
on western herbal medicine -  
now in its second edition This  
long-awaited second edition of  
Principles and Practice of  
Phytotherapy covers all major***

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***aspects of herbal medicine from  
fundamental concepts,  
traditional use and scientific  
research through to safety,  
effective dosage and clinical  
applications. Written by herbal  
practitioners with active***

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***experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based. The focus, always, is on the importance of tailoring the treatment to the individual case.***

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***New insights are given into the herbal management of approximately 100 modern ailments, including some of the most challenging medical conditions, such as asthma, inflammatory bowel disease and***



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***other complex autoimmune and inflammatory conditions, and there is vibrant discussion around the contribution of phytotherapy in general to modern health issues, including health ageing. Fully referenced***

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***throughout, with more than 10,000 citations, the book is a core resource for students and practitioners of phytotherapy and naturopathy and will be of value to all healthcare professionals - pharmacists,***

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***doctors, nurses - with an interest  
in herbal therapeutics. 50  
evidence-based monographs,  
including 7 new herbs Rational  
guidance to phytotherapeutic  
strategies in the consulting room  
New appendices provide useful***

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***information on topics such as  
herbal actions, dosage in  
children and reading and  
interpreting herbal clinical trials  
Comprehensive revision of vital  
safety data, including an  
extensive herb-drug interaction***

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***chart. 50 evidence-based monographs, including 7 new herbs Rational guidance to phytotherapeutic strategies in the consulting room New appendices provide useful information on topics such as***

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***herbal actions, dosage in children and reading and interpreting herbal clinical trials Comprehensive revision of vital safety data, including an extensive herb-drug interaction chart.***

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***123 Trusted Recipes for  
Common Concerns, from  
Allergies and Asthma to  
Sunburns and Toothaches  
Herbal Antibiotics and Antivirals  
The Secret Teachings of Plants  
Explorations in the Practice of***

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***Indigenous Herbalism  
Complementary and Holistic  
Treatments for Bartonella and  
Mycoplasma  
The Way to Spiritual, Physical,  
and Emotional Rejuvenation  
Veterinary Herbal Medicine***



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***Backyard Medicine***

*Herbal Antibiotics and Antivirals:  
How to Cure Illness With Holistic, All  
Natural, Herbal Medicines and  
Remedies You're about to discover  
how to find and use herbal anti-virals,  
antibiotics and immune system*

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*boosters to cure your illnesses, and improve your health. Do you have an illness that modern medicine can't fix? Or do you just want to avoid chemical based pharmaceuticals that have so many possible side effects? Well you have come to the right place.*

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*This book will tell you which herbs can help with which illnesses, and provides recipes for herbal remedies that will help with an array of illnesses from the common cold to Eczema. Herbs can provide natural, holistic benefits to your health, you*

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*just need to know how to use them,  
and this book will tell you how. Here  
Is A Preview Of What You'll Learn...  
the Prevalence of Herbal Medicine  
the differences between Modern and  
Traditional Medicine Herbal  
Medicine For The Immune System*

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*Herbal Antibiotics (Herbs that Kill Bacteria) Herbal Antivirals (Herbs that Kill Viruses) Herbal Remedy Recipes Are Herbal Medicines Right for You? Much, much more!*

*"Healing Lyme examines the leading, scientific research on Lyme infection*

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*and its tests and treatments, and outlines the most potent natural medicines that offer help, either alone or in combination with antibiotics, for preventing and healing the disease"--  
Boost Your Immune System with Nature's Bounty! Herbal antibiotics*

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*have been used throughout the centuries as natural treatments for hundreds of diseases and ailments, including wisdom teeth extraction, broken bones and even surgery--and like 98% of Americans, you've probably taken a course of synthetic*

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*antibiotics to help you recover. While there's nothing wrong with synthetic antibiotics, BIG Pharma's running scared of the natural alternative to their expensive drugs (and profits) --while you can utilize natural remedies that leave less impact on the*



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*environment and your internal body chemistry. Herbal Antibiotics is the most in-depth introduction to natural healing and herbal medicine available today, giving you the explanations on why certain herbs work as herbal antivirals and herbal antibiotics and*

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*how you can use them to fight your next infection--or simply boost your immunity to nasties in your area! Organic antibiotics aren't hokum, they are a legitimate way to treat some of the most prevalent infections and sicknesses that we get today. What's*

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*covered in Herbal Antibiotics? Here's  
a brief overview: \* Learn to pick,  
prepare and use the Top 45 Most  
Valuable Herbs that you can easily  
find growing in your area, or even in  
your local grocery store or health food  
shop with our in-depth profiles,*

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*featuring illustrations. \* Discover how to fight bad bacteria with herbal treatments--and how they compare to traditional treatments available from your pharmacist. \* Find out what are the 5 Key Essential Oils with Natural Antibiotic properties. \* Consult a*

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*"cheat sheet" for fighting infections naturally with the right herbal medicine. \* Get the low-down on natural antibiotics with a FAQ that addresses the 14 most common questions people ask about natural remedies. \* Discover little known*

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*Herbal remedy recipes and solutions for the most common ailments (from pain to the common cold), as an added **BONUS! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of***

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*synthetic medicine. The truth is simple: You can treat your common ailments and boost your immune system today with herbal remedies that provide your body with much-needed natural antibiotic and antiviral medicine! Would You Like To Know*

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*More? Add Herbal Antibiotics to your shopping cart now to download and start learning how traditional natural healing methods can not only boost your immune system but help you to live a more natural, happy life. Scroll to the top of the page and select the*



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*buy button. Don't forget to claim a FREE Kindle version with your purchase of Paperback copy! Check Out What Others Are Saying... "I've already gotten a lot out of this book and am happy to have the information in my healing repertoire. I would*

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*recommend this book for anyone. I believe it's really important to go natural whenever possible. Especially now that I have seen first hand what synthetic medications can do to harm a body." - Jamie, Health advisor in Chicago, LA, Miami, Vegas. "It has*

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*been a life changer for me. I never really knew that these natural remedies were out there and this book really takes you step by step and educates you on each of the herbs you can use and how they can treat any ailment you could come across."* -

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*Emily Vogt.*

*Explore the ancient art of formulary  
with award-winning herbalist Holly  
Bellebuono's comprehensive guide to  
creating effective herbal medicine.*

*Organized by body systems, An  
Herbalist's Guide to Formulary shows*

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*how to design a holistic treatment for acute and chronic conditions. Packed with detailed information on more than one hundred plants, An Herbalist's Guide to Formulary is the go-to reference for formulary. Holly presents her 4-tier formula structure,*

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*a commonsense way to integrate a wide range of herbal actions while keeping the formula simple. She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses,*

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*preventative care, and overall wellness. With this book's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill. Praise: "Holly has blended the richness of the Western herbal tradition with the*

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*transformative insights of modern holistic medicine. This book is a cornucopia of herbal insights."*—David Hoffmann, BS, FNIMH, medical herbalist

*150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical*



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*Therapies*

*The Intelligence of the Heart in the  
Direct Perception of Nature  
How to Cure Illness with Holistic, All  
Natural, Herbal Medicines and  
Remedies  
Evidence-Based Validation of Herbal*

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*Medicine*

*A Green Beret's Guide to Emergency  
Medical Preparedness and Natural  
First Aid  
Colloidal Silver  
Principles and Practice of  
Phytotherapy - E-Book*

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*175 Teas, Tonics, Oils, Salves,  
Tinctures, and Other Natural  
Remedies for the Entire Family*

**Keep your family healthy and chemical free by making your own natural remedies. Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical**

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**ointments to treat a wide range of conditions. This comprehensive guide is filled with safe and effective cures for scores of common ailments, including headaches, backaches, arthritis, insomnia, splinters, and more. Take control of your well-being and stock your family's medicine cabinet with**

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**gentle, all-natural homemade healing formulations.**

**The historical use of plants by indigenous peoples is explored, and how this connects to universal experiences of the sacred in everyday life.**

**Homemade Natural Herbal Remedies - no more antibiotics! When one of your**

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**family members falls ill, what is the first thing you do? You probably pay a visit to your family doctor and, depending on the nature of the ailment, your doctor may prescribe a round of antibiotics. What you may not realize is that the very medicine your doctor gives you feel better may actually have a negative**

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**impact on your health. The same antibiotics that are designed to kill harmful bacteria can also come with nasty side effects including upset stomach, diarrhea, vomiting, or skin rash. Are you willing to take the risk that something designed to make you feel better could actually make you feel**

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**worse? If you are concerned about the risks associated with antibiotics, you may be interested to learn that there are a number of natural antibiotic remedies out there. Certain herbs and other natural ingredients have powerful antibiotic properties that can relieve your symptoms quickly and naturally -**



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**without a prescription. In this book you will learn the basics about natural herbal antibiotics and receive a collection of recipes to get you started in making your own herbal antibiotics at home. Recipes included in this book:**

- \*Flu Fighting Tea**
- \*Diaper Rash Cream**
- \*Cough Syrup**
- \*Earache Treatment**

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**\*Fever Reducing Infusion \*Wound  
healing clay And MANY more...  
REVIEW from Carrie on  
Amazon.com.au "I gave this book five  
stars because it is exactly what every  
person should read. Healing common  
ailments through natural remedies is  
safe, easy to do and reduces the amount**

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**of antibiotics people take for conditions that can be cured naturally. The writer describes the top twelve natural antibiotics and gives recipes to help clear common conditions. The body's own immune system can learn to heal naturally through these well-chosen remedies. I have been taking the**

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**cinnamon and lemon cough syrup for a niggling cough that has been plaguing me at night and it is far tastier and healthier than the over-the-counter variety. It has also successfully lessened my symptoms. This a must have book for your library!" Scroll up and click 'Buy now' to start your natural remedy**

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**journey!**

**"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine**

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**has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not."**  
**"Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting**

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**and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.**

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**The Secrets of Ancient Fermentation  
Natural Antibiotics  
Body into Balance  
Scientific Validation of Herbal Medicine  
Plant Intelligence and the Imaginal  
Realm  
Herbal Antivirals, 2nd Edition  
The Ecological Benefits and Healing**

*Page 200/236*



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**Abilities of Invasives**

**The Home Encyclopedia of Herbal  
Medicine**

Book cover - In this book, Dr  
Mowrey provides the  
answers on why herbal  
medicine is effective -

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possibly more effective in  
treatment than  
pharmaceutical drugs and  
medications.

A guide to the natural  
treatment of two of the most  
common and damaging

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coinfections of Lyme  
disease--Bartonella and  
Mycoplasma • Reveals how  
these conditions often go  
undiagnosed, complicate  
Lyme treatment, and cause a  
host of symptoms--from

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arthritis to severe brain  
dysfunction • Outlines  
natural treatments for both  
infections, with herbs and  
supplements for specific  
symptoms and to combat  
overreactions of the immune

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system • Reviews the latest scientific research on Bartonella and Mycoplasma coinfections and how treatment with antibiotics is often ineffective Each year Harvard researchers estimate

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there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of

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other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Two of the most common and damaging Lyme coinfections are Bartonella

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and Mycoplasma. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every



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year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on Bartonella, Mycoplasma, and

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Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how

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these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis

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or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from

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invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme

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disease treatments.

Bacterial pathogens have been becoming the main problem in hospital and community-acquired infections. It is hard to treat the strains that are resistant

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to antibiotics, due to the  
causing recurrent and  
untreatable infections. In  
recent years, the combination  
treatments and the novel  
technologies have been  
preferred to overcome the

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emergence of antibacterial  
resistance of pathogens. In  
this book, examples of  
pathogenesis by clinical  
cases, control by antibiotics  
and bioactive antimicrobials,  
control by novel technologies



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with the collection of up-to-date researches and reviews are presented. This book can be useful for researchers interested in antibacterials, bioactive compounds, and novel technologies.

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Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms

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and insomnia. Renowned  
herbalist Rosemary Gladstar  
provides 175 proven  
therapies and herbal remedies  
that are easy to prepare and  
safe enough for children.  
Offering a potent and

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effective alternative to  
commercial pharmaceuticals,  
Gladstar will inspire you to  
nurture yourself and those  
you love with nature ' s  
healing herbs.

An Herbalist's Guide to

*Page 220/236*

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Formulary

What BIG Pharma Doesn't  
Want You to Know - How to  
Pick and Use the 45 Most  
Powerful Herbal Antibiotics  
for Overcoming Any Ailment  
Healing Lyme

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88 Natural Remedies

Herbal Medicine

An Herbal Guide to Holistic  
Self-Care

Herbal Antibiotics, 2nd  
Edition

What Your Doctor Won't Tell You-

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Why Herbal Antivirals Really Work!  
Have you ever suffered from a viral infection? If you have, it's certainly an experience you won't forget. Whether in your own country or disastrously struck down mid-vacation, you likely wished that

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you'd taken an anti-viral shot, or at least a course of medication. Your thinking is correct-but synthetic medicine isn't your only defence! The truth is that there are natural remedies on the market-and in your back yard-that you can use today to



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fight the same bugs just as effectively without all the aching symptoms of traditional western medicine. Herbal Antivirals shows you how to properly prepare, dose and take these natural medicines yourself-and you can even grow

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them in your garden! Not only you can save hundreds, even thousands of dollars, you're also lessening your impact on the environment while treating yourself with natural ingredients that you have sourced yourself. In this book, you'll

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discover that creating your very own  
herbal antivirals isn't complicated.  
You can easily teach yourself to  
treat viral infections with natural  
medicines that give your body what  
it NEEDS, without the excess  
chemicals. With the 45 most

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valuable herbs comprehensively indexed for creating potent natural antibiotics and herbal antivirals, this is a book that helps you become your own doctor. Fully illustrated with pictures, as well as details on common use, preparation method

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and dosage, knowledge is finally at your fingertips. Remedies for the most common ailments and recipes are included as a BONUS, as well as a FAQ to answer your herbal antiviral questions. What will Herbal Antivirals teach you?

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Content includes: \* Common treatments for viral infections \* Discover how do herbal antivirals work as well as synthetic medicine? \* Where to find the herbs you need! \* Best herbal treatments for common ailments (from warts to

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chronic hepatitis B) \* When, how,  
and why to use natural remedies \* 5  
Key Essential Oils with Natural  
Antiviral Properties \* Consult a  
"cheat sheet" for fighting infections  
naturally with the right herbal  
medicine. \* What are the most

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effective plant-based herbal  
antivirals? \* What herbal antivirals  
are considered safe when pregnant  
or breast feeding? \* And much  
more! BIG Pharma hates books like  
these coming out because it dents  
their profits while educating you



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about the potential dangers of synthetic medicine. The truth is simple: You can prepare and use herbal remedies to address your health issues and boost your immunity the natural way! Would You Like To Know More? Add

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Herbal Antivirals to your shopping cart now to download straight away and discover Mother Nature's biggest gift and how you can start to use it with yourself, family and loved ones. Scroll to the top of the page and select the buy button.

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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

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treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.