

November Highlights



Natural Herbal Antibiotics

Antibiotic drugs can sometimes be life savers in controlling serious acute infections, such as pneumonia. But for less serious infections natural herbal antibiotics are gentler on the body and exceptionally effective than pharmaceutical antibiotics. Antibiotics (which means “against life”) destroy not only harmful bacteria but also necessary friendly bacteria. This creates a lot of havoc in the body, disrupting the immune system and making the body more susceptible to disease. The difference between an antibiotic drug and an antibiotic herb is that the drug is an isolated constituent limited to that one chemical, whereas the herb contains several constituents with a variety of healing properties, producing a synergistic effect. Herbal antibiotics can differentiate between good and bad bacteria, destroying only the bad one while not harming the good. Here are some well-known and well-researched antibiotic herbs and herbal formulas:

Body Defense©

The herbs in this formula have been known to clear up viral and bacterial respiratory problems. Many well-known herbalists use this formula for lung infections and bronchitis with yellow phlegm as well as in the aftermath of illness to clear up residual sticky phlegm.

Throat Spray

The combination of herbs in our Throat Spray has worked for me many times over the years to soothe and relieve sore, inflamed, and an irritated throat. When I have overworked my vocal cords and I am about to lose my voice I spray it on the back of my throat several times in an hour, or until my voice comes back.

Super Power Defender©

Herbs contained in this tincture are traditionally known to fight infection and inflammation and to be highly effective for re-occurring infections, such as bladder and kidney infections, ear infections, tonsillitis, boils, etc. Individuals taking pharmaceutical antibiotics to suppress these re-occurring infections don’t really get completely rid of them. A small residue stays in the body, which triggers flare ups again and again. In this instance this formula can be taken for a longer period of time. Super Power Defense© contains:

Oregano is best known for flavoring dishes such as pizza and other Mediterranean dishes. However, oregano is a potent antibacterial herb used throughout time for respiratory ailments such as bronchitis, coughs, asthma and parasites.

Goldenseal is a natural antibiotic often combined with other herbs to help fight infections and ward off colds and flus.

Andrographis is a bitter herb with powerful antiviral properties. This well-researched herb has shown to be effective for colds, influenza, sore throats, hepatitis and other viral infections. It is also being used for allergies. It is believed to be effective in reducing headache pain, fever, irritation, congestion and general fatigue, while strengthening the body’s immune system.

Isatis root is famous in Chinese herbalism as a broad spectrum antibiotic agent affective against many kinds of infections and inflammations. Modern laboratory research in China has shown isatis to be highly effective at combating bacterial pneumonia, strep throat, acute laryngitis, ear infections, sudden high fevers and urinary tract infections.

Coptis is also known as Huang Lian in Traditional Chinese Medicine (TCM) used for acute respiratory and intestinal infections, such as strep throat, sinusitis, fevers, gingivitis, Crohn’s disease and much more.

Ban Lan Gen

This tasty instant herbal beverage contains isatis, dandelion and viola. It is very popular in China where it is referred to as SARS tea (Severe Acute Respiratory Syndrome) and a staple in every household to soothe a sore throat, reduce swelling, destroy bacteria and viruses and remove toxins from the body. Easy to use with a pleasant taste, just dissolve in hot water and drink warm for colds and flus.