

Natural Antibiotics and Your Immune System.

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Through rebuilding immunity health is naturally restored. If health and immunity are maintained the individual is no longer vulnerable to bacteria and disease.

Your immune system is your natural bodyguard. It works to protect you against any outside factor that threatens your survival. The immune system is not responsive to drugs for healing but can be boosted using natural medicines.

Of course, if the immune system is compromised then it becomes important to temporarily take an antibiotic - it can be life saving. The problem with synthetic antibiotics is that they indiscriminately kill off both good and bad bacteria, so after a course of synthetic antibiotics it becomes extremely important to put back the beneficial flora in the intestines that were killed off along with the destructive bacteria.

A further case against the use of synthetic antibiotics is that physicians are now confronting, after 40 years of pushing these antibiotics for any ailment, bacteria that have built defenses against those same drugs (this is due to bacteria's ability to adapt and evolve in order to survive). Some infectious bacteria that were once treatable are stronger and often deadly.

Officials from the American National Institutes of Health and the Centers for Disease Control have reported that the overuse of antibiotics in medicine has created an epidemic of antibiotic-resistant bacteria. Doctors fear that if antibiotic use is not curtailed we may soon approach the day when untreatable infections are rampant.

The good news is that natural antibiotics and Herbal Medicines can help to combat synthetic antibiotic resistant bacteria without the side effects of synthetic antibiotics. Natural antibiotics are much more complex than synthetic antibiotics so bacteria are unable to develop resistance to them and many will help to boost the immune system at the same time.

Some Natural Antibiotics

Echinacea – has very strong immune boosting abilities. It activates the white blood cells to fight off bacterial and viral infections. Used traditionally as a topical agent to help repair skin wounds and internally to enhance the immune system. Echinacea is terrific for upper respiratory congestion such as colds, coughs, sinus and ear infections.

Golden Seal – A broad spectrum herb, its numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. It is used traditionally for inflammations of the mucous membranes aiding the eyes, ears, nose and throat. Taken at the first signs of respiratory problems, cold or flu and may also help bring down fever.

Garlic – Used for thousands of years to fight infections. Recent studies have shown that it has strong immune enhancing capabilities. It should not be cooked if you want to use it to boost the immune system. Garlic is particularly effective in fighting colds, coughs and flu.

Propolis - Is a substance that bees gather from the buds of trees, such as poplar and chestnut, or the bark of spruce, larch and other conifers. A powerful antibiotic, propolis boosts the immune system, stimulates the body and gives it a natural resistance to disease. It has been shown to fight off bacterial strains that have become resistant to synthetic antibiotics. Propolis is now considered an important part of dietetics and a natural cure by the World Health Organization. It is effective against streptococcus, staphylococcus (throat infection), salmonella (food poisoning), e-coli, bacillus larvae, severe acne and gum disease.

Artemisia/Wormwood – has broad spectrum anti-parasitic, anti-fungal, anti-bacterial and immune supportive actions. It has been researched for its use in malaria, cancer, fevers and other immune conditions. It is a great worming herb for children, adults and animals.

Astragalus – A Chinese herb used as an antibiotic also promotes a healthy immune system and enhances recovery during convalescence, postoperatively and following minor infections. Astragalus helps to reduce the risk of cold, flu and cough.

Tea Tree Oil – An exceptional antibiotic and immune enhancer that is native to Australia. This oil is unusual in that it is active against all three categories of infectious organisms: bacteria, fungi and viruses. It is so powerful as an organic solvent that it will dissolve the lumps of white blood cells that make up pus. Tea Tree oil is most often used topically but can be taken internally for periods of one week or less.

Grapefruit Seed Extract – An excellent antibiotic, anti-fungal and anti-viral medicine. An all around anti-microbial product and excellent disinfectant or antiseptic. Grapefruit seed extract is used internally to kill bacteria like Strep (on your skin), Staph (throat and chest), Salmonella (food) and E. Coli (gastro) and to fight Candida, Herpes, Influenza, parasites and fungi.

Manuka Honey – It is well known that honey resists spoiling because it is free from germs. Manuka honey, from New Zealand, is particularly high in enzymes and has other healing and antibiotic properties. It is great for sore throats or used topically on mouth and leg ulcers

The Basic Healing Principle

The body has an innate capacity to heal itself. Self-healing can only occur once the cause of the illness has been eliminated and when the body is supplied with the necessary nutrients required for healing and repair. The elimination of the symptom is *not* the same as elimination of the disease or condition, so make sure you talk to a qualified practitioner before starting any form of treatment.