



Natural Home Remedies: Natural Antibiotics And Antivirals For Common Ailments

By James Heath

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Most people are familiar with at least some antibiotics. In fact, we tend to assume that antibiotics are the pills we get when we go to the doctor with a cold or an infection. But, at the same time, most of us forget that we are likely getting some of the nature's best antibiotics in the foods we choose. Like the regular prescription medications, these herbal antibiotics fight against harmful bacteria and help the body's natural defense system to fight as well. Modern medication is facing a serious problem called antibiotic resistance. Some of the bacteria that are supposed to be killed by long standing prescription antibiotics are now resistant to them. They are changing in ways that keep the medicines from working correctly and that means that some infections are becoming more dangerous, even deadly. The foods and herbs with antibiotic properties help to strengthen and build the immune system so that the body can defend against infectious bacteria like Candida Albicans, which is an overgrowth of yeast. Remember, before you start utilizing these beneficial herbs and natural antibiotics to treat common ailments, you must first understand what antibiotics are and what they do. You must also understand the role of bacteria in your life.

PREVIEW OF THE BOOK

Some Facts About Prescription Antibiotics The Concept Of "Smart Bacteria"
Synthetics Vs. Naturals The Many Advantages Of Herbal Antibiotics 25+ Herbal Antibiotics, Antivirals and Antifungals How Herbal Antibiotics Are Used

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