

NATURAL ANTIBIOTICS AND ANTIVIRALS



The Ultimate Guide to Natural Antibiotics - Homemade Herbal Remedies that Kill Pathogens and Cure Bacterial Infections and Allergies. Prevent Illness, Cold and Flu.

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**THE ULTIMATE GUIDE TO NATURAL ANTIBIOTICS - HOMEMADE HERBAL
REMEDIES THAT KILL PATHOGENS AND CURE BACTERIAL INFECTIONS AND
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Chapter 1

INTRODUCTION TO NATURAL ANTIBIOTICS AND ANTIVIRALS

Waking up to a severe flu, stomach upset or a migraine is not an unusual thing. This probably happens from time to time. Viruses when in the body are hard to get rid of due to their tiny size and the speed in which they replicate. Having a recurring infection is bound to mess up your day and your schedule. You could visit a doctor, but the medicines he prescribed on your last visit were probably expensive and only worked for a while until your condition recurred.

Most pharmaceutical antibiotics and antivirals produce unwanted side effects such as drowsiness, nausea and vomiting. The stubborn nature of most viruses may make it necessary for an individual to use antivirus from time to time as the infection recurs. Continuous use of antivirus and antibiotics may cause the body to become resistant to the drugs. This calls for alternative ways of dealing with the virus

Today you may have woken up feeling particularly restless, tired, with muscle pain or fever. Something tells you to check for alternative ways of dealing with your stubborn viral or bacterial infection or disease and luckily you land on this book. Well, you are not alone. There are millions of people out there who go through the same thing or even worse from time to time.

Take the example of Cassie, a thirty year old mother of two boys. Less than two weeks ago, her oldest son Mark had influenza, her husband Tom took Mark to the doctor who prescribed some medicine. Three days later the

entire household was down with the flu. She had to miss work for a few days, the kids could not go to school and they missed a lot on their academics. The flu particularly took a toll on their youngest son Harry, he was ever restless and could barely sleep at night as the fever shot and the coughs got worse. During the flu outbreaks she would be fatigued and bugs would form under her eye lids due to lack of sleep. The worst part of it all was the fact that after all this, she knew that her family will never be immune to flu.

Tired of visiting the doctor every month with the flu problem, Cassie decided to try something else. She had heard from her friend about a certain herb that could be used to effectively cure even stubborn illnesses. She had not given much thought into it until when she could not take it anymore.

On a visit to the market one day, she bought ginger, garlic and lemon. She went home, cut the garlic and the ginger into tiny pieces and put them in hot water. They each took a glass full of the mixture with a spoonful of honey. It did not work immediately, but that night, they all slept well and in the morning everyone felt better. The family rarely has to visit the doctor for flu medication. They have made a habit of taking the mixture of herbs every once in a while or as soon as anyone feels signs of flu. If you were to ask them today, they would say they wish they had known earlier.

Nature has been so kind as to offer us wonderful substances that have been proven over the years to be useful in treatment and prevention of various illnesses. Some have also been tested and proven scientifically as being effective in the treatment of certain infections; due to certain chemical compositions found in them. Herbs have been in use for centuries in all parts of the world and have continued to be an essential part of traditional folk medicine especially in Africa and Asia. Over time, human beings have found out ways of combining more than one natural substance to create a powerful treatment for most illnesses and modifying the methods of administering the medicines. Traditionally, the herbs were crushed or dried and added to water or milk, this has changed with some herbs being made into lotion, capsule or infused oil.

In recent, times more and more people are embracing natural ways of dealing with ailments. This has been boosted by scientists studying, testing and approving certain herbs as useful. Some herbs are used as supplements since they provide minerals and nutrients that speed up the healing process.

This book takes you on a life transforming journey to the world of herbs and natural remedies in the treatment of illnesses and diseases; commonly known as traditional folk medicine. If you are ready to take back your life and regain your youthful vigour, this book gives you all the important information you need to know in terms of what substance you need and how to prepare the medicine that will change your life, no doubt. This book will be worth the while. Join me in this amazing journey that starts now. Buckle up; it is going to be a fun ride to freedom from sickness-imposed insomnia, fatigue and huge medical bills.

Chapter 2

COMMON VIRAL INFECTIONS AND THEIR NATURAL REMEDIES

In order to understand how to deal with viral infections it is important to understand how they are transmitted.

Viruses and bacteria are similar in more than one way. They both contain genetic materials called DNA which can also be referred to as RNA. Both bacteria and viruses are pathogens or microbes which can be transferred from one living organism to another.

Once in the body, the viruses get attached to living cells because they cannot survive on their own, and they then begin replicating. The attachment of a virus to a living cell can cause the cell to die or alter its functions. They can be contracted through skin contact, unsafe sex, inhaling contaminated hair or orally. There are very many viruses which cause different infections; scientists are discovering newer viruses as years go by. Taking this into account, it is important that you have your immune and other body systems in tip top shape.

Medics view any illness or disease that last for duration of more than 120 days as chronic. Millions of people around the world suffer from chronic illnesses.

Viruses tend to create a resistance against many drugs over time; this is made worse by the fact that these micro-organisms cannot be completely eliminated from the body cells. Their extensive replication makes it hard for

most conventional medication to work effectively. Viral infections range from mild ones such as common cold to more severe like Human Immunodeficiency Virus commonly known as HIV. The worst case of virus in human history is probably the Ebola virus which is contracted by coming into contact with an infected person's body fluids, and it kills in a matter of hours.

2.1 Common viral infections and their causes

Most viral infections go away with time; this does not however mean that the virus is no longer in your body. Viruses affect any part of the body or body system resulting in infections such as:

Common cold is one of the most frequently occurring infections. It is accompanied by symptoms such as sore throat, fever, coughing and sometimes stuffy nose. Its duration ranges between two days up to two weeks on a more serious note. It is highly communicable and can be easily transferred from one person to another especially if in a poorly ventilated room. A person can suffer from colds several times in a year.

Viral infections on the skin are also possible leading to **warts** or **chickenpox**. They come with an itchy rash, migraine and fever. It is spread through skin contact with an infected person. It is mild and last not more than two weeks though it can be slightly severe in adults. A person only suffers from chicken pox once in their lifetime. It is similar to measles and small pox though they are treated with different medicines.

Headache, sore throat, fever and muscle pain are some examples of symptoms of **influenza** commonly known as the flu. This unlike other viral infections can cause severe and at times life threatening complications, but it can be treated easily and cheaply.

Viruses can cause infection in the gastrointestinal system causing inflammation of the intestines (**gastroenteritis**). It is mostly contracted through unhygienic handling of food and failure to wash your hands after visiting the toilet or after changing a baby's diaper.

Human Papilloma Virus (HPV) is one of the most common viruses that are sexually transmitted. It is the cause for **genital warts**. Other common sexually transmitted viruses are **herpes and HIV**.

There is another infection called **cold sores** that has symptoms similar to the flu. The only difference is the appearance of sores on the sides of the mouth that are quite unattractive.

Insects have also been known to transfer viruses for example **yellow fever** and **dengue fever**.

2.2 COMMON NATURAL ANTIVIRAL HERBS

There are hundreds of herbs that have been known to possess significant amount of antiviral activity when used. They may be readily available in your own garden or in the local market while others may prove very hard to find. It is advisable to consult an expert on herbal medicines to get the right dosage and conditions for use. For example, there are those herbs that should not be taken during pregnancy. You will also realise that most of the herbs indicated are used to treat more than one viral infection. Some are even strong enough to kill all the other harmful pathogens. It is also possible to find an infection that has more than one natural remedy.

Olive leaf can be used in tea together with mint or as a capsule. It is most often used in the treatment of flu, common cold and herpes.

Balm from lemon leaf is another herb rich in antiviral properties. It is used in the treatment of stomach upset and skin infections when applied topically. You can make an infusion (add hot water) for oral application. It is believed to be unsuitable for use during pregnancy.

Adding **ginger** to tea and meals not only makes it tastier but is also known to prevent and reduce the time required for common cold to disappear. It also relieves sore throat and chest pains. When mixed with honey it is a powerful herb in treating flu and reducing sore throat. It can also be ground or cut into tiny pieces and added to hot water.

Chlorella is a small single celled green algae that is not only an awesome source of nutrition but also known to boost the immune system. A strong immune system helps fight viruses hence preventing infection or stopping infection from spreading.

Chamomiles are used to make herbal infusions for medical purposes. This daisy like plant is a treatment for gastrointestinal disorders and relieving inflammations and ulcers. It is preferred crushed to remove the juice which is added to hot water.

Cayenne pepper is undoubtedly one of the world's most powerful herbs. It has numerous medicinal values, one being the treatment and relief of common flu, sore throat, stomach upset and prevention of formation of other pathogens such as fungi. It is added to food as a spice.

Bilberry is not only used for its culinary activities, it is actually a strong medicinal herb. It is used in the treatment of disorders occurring in the gastrointestinal tract and circulatory complications. The juice from the fruit is drunk in a cup full or half full. It is sweet therefore you don't need to add any sweetening agents as is the case with other herbs.

The weed commonly known as **black cohosh** is used in the treatment of kidney infections and sore throat. The herb is juiced and drunk for a few days for its effects to be seen. However, the herb has severe side effects such as; dizziness, headache, seizures, nausea, vomiting, sweating and low blood pressure.

Chilli has been used in traditional folk medicine for aeons especially in Asian countries like India. It is used in the management of herpes and other respiratory tract infections. It is used in food or applied topically by adding to water or milk and is among the most commonly used spices in the world.

Garlic is an undisputed traditional medicine. It is used as a remedy for several ailments including **warts**, flu and common cold. There are other natural ways for treating genital warts for example taking an **oatmeal** bath or placing slices of **onions** on the warts. However onions are not proven scientifically to be adequate. I advise you to see your doctor because these remedies only heal warts not the HPV that caused the warts. Chewing on raw garlic is said to help patients with high blood pressure. Most people use garlic in food, though it leaves a smell that doesn't go away easily.

Astaragalus root is used as a preventive measure for flu. It works best by boosting the body's immune system enabling the body to fight off viruses. It is advisable to use it when anticipating a season of flu, not when you already have it. Use it in tea or cooked it in food.

Cat's claw, taken as a capsule or in tea, is a strong antiviral, antibacterial and antifungal herb. It is also a very strong immune booster.

We cannot talk about herbs without mentioning **aloe vera**. It is one herb that treats almost anything. It is in the same family as the sisal plant. It is very bitter and might require an additional sweetener; **honey** is preferred. It can be administered orally or topically and is deemed very effective.

The roots, leaves, seeds and berries of the **elderberry** tree are used in treating common cold and flu. Due to the high level of cyanide present in the plant, you have to boil it fully before using it as medicine.

Oregano oil is used as medicine and a flavour in food. It is a strong antiviral medicine as it speeds the healing process and prevents irritation of the skin when applied topically.

Licorice root is used as a tea and drank alone or could be mixed with another herbal tea in the treatment of gastric ulcers. It is both an antibacterial and an antiviral

Chapter 3

COMMON BACTERIAL INFECTIONS AND NATURAL SOURCES OF ANTIBIOTICS

Most bacteria present in the human body are not harmful; on the contrary they are quite beneficial. It is believed that only 1% of the bacteria in our bodies are harmful. The rest are useful in aiding digestion and other important body functions. Some of the bacteria are even known to prevent risk of cancer and help in the respiratory and urinary tracts.

Unlike viruses, a bacterium is a living microorganism that can live and reproduce on its own without getting attached to a living cell. They are also larger in size than viruses.

3.1 COMMON BACTERIAL INFECTIONS

It is common knowledge that not all bacteria are harmless and beneficial; some are quite harmful and can cause significant effect on a person's health. Some of these infections include:

Tuberculosis affects millions of people especially in Sub-Saharan Africa. It is highly contagious and airborne. It affects the respiratory system including lungs and could kill if not detected and treated on time.

Other common bacterial infections include **Typhoid, Tetanus, Syphilis, Pneumonia, Hansen's disease, tooth decay, gingivitis, epiglottitis, tonsillitis, legionnaire's disease, whooping cough, anthrax, and meningitis.**

There are bacteria transmitted through unsafe sex. These include: **syphilis, chlamydia and gonorrhoea.** These infections are curable. Early detection and treatment is advisable to prevent further complications like the **pelvic inflammatory disease.**

Prostatitis is a bacterial infection that affects the prostate gland in men. In women, some bacteria cause **urinary tract infection.**

3.2 Natural homemade antibiotics

Antibiotics can also be referred as antibacterial drugs. Pharmaceutical antibiotics are derived from certain types of fungi. They are used in the treatment and management of bacterial infections. People who use antibiotics excessively have been known to develop a resistance to the drugs: this means that the drugs when taken cannot work.

Most pharmaceutical antibiotics prescribed by the doctors may show indications of side effects such as nausea, dizziness and vomiting while some cause allergic reactions like rashes or itching; some may even kill the good bacteria that aids in certain body functions. We cannot rule out side effects in the use of natural; there are however fewer side effects if any and most are manageable.

There are millions of people who are allergic to some of the herbs: some people are allergic to nuts, others to honey and others may be allergic to berries. One advantage with using natural remedies is that it is common to find more than one natural treatment for your infection. In this case you might opt for the one you are not allergic to. Let us have a look at some of the common natural antibiotics available and the infections they treat.

Garlic and onions have been in use for their antibacterial and antiviral abilities since time immemorial. They are believed to help reduce inflammation and to reduce risk of hypertension and stroke.

Any food rich in **vitamin c** has been proven to contain antibacterial and antiviral properties. They boost the body's immunity making the body defend itself and also help speed healing. The main sources of Vitamin C are **fruits like strawberries, lemons and limes, pineapples, melons and oranges** and most vegetables such as **broccoli, tomatoes, spinach, kale and cabbage**. **Kiwi fruit** is not only rich in Vitamin C but it is also believed to contain all the other essential nutrients. It is the best fruit for all your nutrients and also one of the most expensive fruits.

The **eucalyptus** tree produces a powerful antiseptic that kills most pathogens including bacteria. It is added to tea and gives a wonderful flavour.

Some bacteria are transmitted through the food we eat. Using **horseradish** in the food you eat. The bacteria are killed even before they enter the body. It is used as a vegetable.

Coconut oil contains an important substance known as the lauric acid. Its main function is to dissolve pathogens. The oil can be used in preparation of meals or the oil can be drunk alone.

Scientists have suggested the use of **fermented foods** such as fermented vegetables to aid in giving the body the good bacteria. These foods are known as probiotics and are recommended for use alongside antibiotics.

Marshmallow root is known to have pain relieving properties. It is also effective in killing bacteria in the urinary tract. It is best taken orally as an infusion (with hot water). Another herb that can be used to cure urinary tract infection is the **yarrow**. It is also used as tea. It is not advisable to use it during pregnancy because it can cause uterine contraction.

Turmeric is a very potent medicinal herb that is usually ground to form a yellow/orange powder. It is used in the treatment of several infections including bacterial, fungal and viral infections.

Chapter 4

NATUARL REMEDIES FOR FUNGAL INFECTIONS

There are other pathogens apart from bacteria and viruses that can also cause infections in human beings. The latest pathogen to be discovered is the prion which causes the 'mad cow disease' It was discovered in 1997.

3.1 FUNGAL INFECTIONS

Fungal infections are caused by fungi. These are microbes that could cause diseases in human beings. People with weakened immune system are more prone to suffer from life threatening fungal infections. Skin, nail and yeast infections are examples of fungal infections.

Fungal infections cannot be treated with pharmaceutical antibiotics that kill bacteria; this is because of their difference in types of cell.

A common infection caused by fungi is **candidiasis** also known as thrush; it affects mostly women and causes infection of the mouth and vagina. It is spread through using of public toilets or any toilet that is not kept clean. Some people may confuse it with a sexually transmitted infection though it is not. Other common fungal infections are; **athletes foot, ringworm, valley fever and jock itch.**

There are many antifungal drugs which completely eliminate the fungi. Due to the similarity between the fungi cells and the human cells, the antifungal drugs may attack the human cell instead of the fungi cells. This, if it happens may cause serious complications.

Traditional medicine has been found to contain antifungal properties; however, it is not proven to completely remove the fungi.

There are herbs that kill all pathogens which can be used in eradicating fungal infections. Unlike, bacterial and viral infections, fungal infections are easy prevent.

Cinnamon, cumin, clove, nutmeg, horseradish and tamarind are known to treat ring worms.

Calendula when prepared as a lotion or infusion is used to treat pink eye.

Usnea is a medicinal herb used in treating yeast infections and vaginosis.

Other essential herbs used in the treatment of viral, bacterial and fungal infections.

Borage is a traditional medical herb used in treating amoebic dysentery, asthma, urinary tract infection, colic and diarrhoea.

Bladder wrack is a herb used in the extensive treatment of goitre, arthritis, digestive disorders, bronchitis, constipation and boosting the immune system.

Castor oil is used by some people in treating genital warts. It has a bad smell which some people might not stand.

Mint sage is a strong herb when mixed with other herbs such as olives.

Hot mustard is used in decongestion in people with asthma and allergies.

Mullein flowers combined with garlic or used to create an infused oil to kill pathogens.

Uvaursi is a strong herbal medicine that kills mist pathogens. It is so strong to the extent that it is not advisable to use it for more than two weeks.

There are other herbs that are also very important. Some have been proven while others are still under scientific investigation:

Almonds
Chirayata
Leadwort
Ephedra
Ash gourd
Celery
Heena
Peepal
Capsicum
Coriander
Madhuca
Rosemary
Valerian Hog weed
Skullcap
Betel
Ghee
Lavender
Ispaghula
Marigold
Dandelion
Kelp
Sandal wood
Turpeth
Thornapple
Chalmogra
Tamarind

Arjuna
Rough chaff
Embelica
Goldenseal
Cassia pod
Camphor
Hermal
Beetroot
Alfalfa
Liquorice
Hops
Bay berry
Fennel
Carrot
Kava kava
Dill
Vasaka
Basil
Catnip

These are just to name a few of the herbs people used to treat human ailments. As you will find out, there are some that are available all over the world while others are found only in specific regions.

Chapter 5

NATURAL REMEDIES FOR TREATING ALLERGIES

Millions of people all over the world suffer from allergies. Allergies are negative reactions of a person's body towards a particular substance. People are allergic to so many things, some of the most common allergies include protein allergies, pollen caused allergies, while some people are allergic to certain fabrics, nuts, honey, cats, dogs, dust, cold and many others.

Allergies are often characterised by sneezing, itching and congestion. There are numerous pharmaceutical drugs that relieve sneezing and itching but hardly any that reduces congestion. Most of these drugs are also expensive and have side effects such as drowsiness and irritation of the nose. Most natural remedies have fewer side effects if any; however, they only work by preventing the allergy from occurring.

The simplest form of prevention is rinsing off with water as soon as possible after coming in contact with the allergen. Salt can be added to the water to effectively rinse off pollen grains.

Frequently eating foods with **Omega-3** reduces the likelihood of a person suffering from allergic reactions. Common foods that are enriched with Omega-3 are; **fish, eggs** and **flaxseed oil**. Using

horseradish, chilli pepper and **heated mustard** could also help in decongestion though temporarily.

There are some natural antihistamines that work, one is the **stinging nettle** and the other is the **butterbur**. These natural remedies have an advantage over pharmaceutical drugs in that they do not have side effects.

In case you are allergic to a certain food you can avoid it altogether. If this is not possible, there is one unorthodox method that can be used though it is risky and there are no known chances of success. This involves consuming the food you are allergic more often, it is believed by some people that this makes the body accustomed to the food. This method is not advisable as it can cause severe allergic reactions.

CONCLUSION

There are many herbs that can be used to treat infections, allergies or reduce risk of one getting cancer. The most important thing you need to understand is that prevention is always better, cheaper and easier than cure. It is up to you to make the right decisions as far as your health is concerned. Remember, your health is all you got. Living a healthy lifestyle is non-negotiable; you are either there or not.

Preventing and treating common simple illnesses does not have to be expensive, you can make it hustle-free by incorporating natural remedies into your health regimen. There are many sources of information on natural remedies available everywhere. Take it upon yourself to learn some of the most important health tips and try to fit them in your day to day activities. Carry out a thorough research in case you did not find all the answers you needed in this book.

It is important that I emphasize that this book is **NOT** intended to substitute a person's own health judgement or medical treatment. Visiting your doctor for a diagnostic evaluation and prescription is the first thing you should do. This book only offers suggestions for treatment of simple illnesses like common cold and/or (in the case where the person has become resistant to pharmaceutical drugs) alternative non-conventional treatment methods or what can be used during an emergency medical situation like developing a cough late in the night.

One very important thing to note is that over usage of pharmaceutical drugs is not good for your health. Abuse of drugs refers to the use of drugs for any purpose it was not intended for. For example using antibiotics in the treatment of viral infections; it will not work. Try to avoid using them as much as possible, whenever you can. Be patient, like all other drugs, herbs might also take time for the results to be seen.

Not all the natural remedies are complication free. Consult a trusted herbalist to find out the dosage, precautions, and conditions for use and/or possible side effects. For example, chilli pepper has been known to be a powerful medicinal herb but is also associated with some cases of skin cancer. It is advisable that you try the remedies that have proven scientifically for a safer result. However, you can also ask for the opinion of people you know who have successful stories after using these simple remedies; even so this does not guarantee that the treatment would work for you too. In the treatment of viruses and bacteria, visit the doctor even after taking the traditional medicine to find out if it really worked.

Exercising, eating the right type of food, taking enough fluids and having ample rest could prove to be the best preventive measure a person could take. Incorporate the natural herbs in your meal for a sustainable healthy lifestyle. Most of them act as immune boosters supplying the body with the strength it needs to ward off pathogens; taking it frequently will ensure that your body has ample protection.

If you find that some of the herbs are bitter or have a smell too strong for your liking, try using another natural substance to make the herb smell or taste better. For example when using Aloe Vera, add honey to make it sweet instead of sugar; if the smell of garlic is

too strong add mint sage or ginger. Try keeping it natural all the way; avoid using artificial spices and food colours in your food, go for natural stuff like turmeric, mint, rosemary, olive oil instead of vegetable oil, raw tomatoes instead of tomato paste and bilberry juice in making cakes in the place of blueberry essence.

I sincerely hope that you found this information useful and that you are ready to take the next big step as far as your health is concerned. Do not gamble with your health.

***“Let your food be your medicine, and your medicine be your food” -
Hippocrates***

Disclaimer

Please note that this book is for information purposes only. If you have illness, please consult your doctor. The author of this book is not responsible for any side effects or any issues you might have as a result of using the information in this book.