



# BACK *to the* FUTURE

— HERBAL ANTIBIOTICS —



# Guide to Herbal Antibiotics

Presented by

Lifestyle Hub



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## Introduction

Antibiotics have been in the headlines recently due to concerns that they are being overprescribed and overused. In particular, overuse has been linked to a particularly nasty condition known as Clostridium Difficile (C Diff), in which a person's natural gut flora or healthy bacteria are so damaged that the person gets diarrhea and sometimes ulcers on their colon, a condition known as ulcerative colitis

Probiotics such as yogurt with active cultures can offset the damage antibiotics cause to your gut flora, but an even better solution might be to use herbal antibiotic found in nature. In this report, we will look at how effective herbs and other botanicals can be in dealing with bacteria.

Let's start by looking at why natural remedies might actually be best when it comes to dealing with bacteria.

## Chapter 1 - The Effectiveness of Natural Remedies as Antibiotics

The truth is that many antibiotics come from nature substances. Just think of penicillin being cultivated on moldy bread. Certain natural antibiotics attack bacteria like a virus to eradicate them, knocking them out with a risk of heavy side effects.

### Antibiotic-resistant bugs

Another issue to consider when thinking about whether or not to use antibiotics is the number of antibiotic-resistant bugs that have been emerging in recent years. Overprescribing and overuse means a whole new generation of "superbugs" that can spread like wildfire.

One good example would be MRSA, the scourge of hospitals because it is so hard to get rid of once it starts to spread in the patient and staff population. Methicillin-resistant *Staphylococcus aureus* (MRSA) is a bacterium that causes infections in different parts of the body, though it is often known as "flesh-eating" bacteria. It's tougher to treat than most strains of *staphylococcus aureus* that is staph infections, because it's resistant to the commonly used Methicillin antibiotics.

With natural antibiotics, they have several disease-fighting compounds, so it is very unlikely that any bacterium can become completely resistant to, for example, garlic, which has more than 60 disease-fighting compounds.

## We are what we eat



A further complicating factor is that there are far more antibiotics in most people's food chains than they realize. Farmers put antibiotics into chicken feed and cattle fodder, so eating those animals means consuming the antibiotics. Even worse, they start to develop antibiotic resistance themselves, and in some cases, so did the farm workers.

### Nature's broad-spectrum antibiotics

Another major issue with prescribing antibiotics is the scattershot approach that most doctors take. Rather than waiting for test results, they will usually prescribe what is termed a broad-spectrum antibiotic. These antibiotics will kill off everything, harmful and helpful bacteria alike. A better solution is to determine the cause of the illness and use targeted antibiotic therapy.

## Chapter 2 - 25 Top Antibiotic Herbs and Botanicals to Try

There are many herbs and spices to choose from, and other natural substances which serve as antibiotics. Here are 20 to try:

1. Acacia
2. Aloe
3. Astragalus
4. Bidens
5. Cinnamon
6. Cryptolepis
7. Echinacea
8. Eucalyptus
9. Garlic
10. Ginger
11. Goldenseal
12. Grapefruit Seed Extract
13. Juniper
14. Licorice
15. Manuka honey
16. Onions
17. Oregano oil
18. Propolis
19. Rhodiola
20. Sage
21. Sida
22. Tea Tree
23. Turmeric
24. Usnea
25. Yarrow



## Acacia

Acacia is a gum derived from the acacia tree. They are antimalarial, antibacterial, antimicrobial, anthelmintic (fights worms), antifungal and anti-inflammatory. The entire plant seems to have antibacterial properties against both gram-positive and gram-negative formed bacteria.

Acacia is active against *Staphylococcus aureus*, *Salmonella*, *Pseudomonas aeruginosa*, malaria, *Shigella dysenteriae*, *E coli*, *Proteus mirabilis*, and *Neisseria gonorrhoeae*. It also reduces inflammation and lowers cholesterol naturally, and is generally safe, with no side effects reported.



Acacia honey, that is, honey made from the pollen of the acacia, also has healthful properties and is soothing to adult stomachs.

<https://www.ncbi.nlm.nih.gov/pubmed/15120571>

<https://www.webmd.com/vitamins-supplements/ingredientmono-268->

<https://lifestylehub.info>

[acacia.aspx?activeingredientid=268&activeingredientname=acacia](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395293/)

## Aloe

Aloe can be used both internally and externally to ward off infection. It has been proven effective against Staphylococcus aureus, Pseudomonas aeruginosa, E coli, E faecalis, and herpes simplex virus type 1 and type 2. It is generally safe and the plant can be grown at home. Just snip off a leaf to extract fresh gel to apply to a wound, or to add to a beverage.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395293/>

## Astragalus

The root of the astragalus plant has many antibacterial and antiviral properties. It is used to treat colds and flu, and upper respiratory infections. It has also been used in HIV/Aid patients to reduce their viral load as well. It is even used with the herb glossy privet to fight certain cancers.

Those with MS, lupus or rheumatoid arthritis should avoid this herb.

<https://www.webmd.com/vitamins-supplements/ingredientmono-963-ASTRAGALUS.aspx?activeIngredientId=963&activeIngredientName=ASTRAGALUS&source=0>

## Bidens

Bidens pilosa is a member of the sunflower family and has been proven effective for more than 19 bacterial species, viruses, and yeast infections. It can effectively treat E. coli, Herpes simplex 1 and 2, Salmonella, Neisseria gonorrhoeae, Staphylococcus epidermidis, Human cytomegalovirus and many more.

It is also used to treat any systemic infection that is accompanied by problems with the mucous membranes, such as diarrhea, dysentery, urinary tract infections and upper respiratory infections. It is also used to treat malaria, babesia, leishmania and other parasitical organisms.

It is generally safe except for those with low blood pressure, diabetes or bleeding disorders.

<https://www.hindawi.com/journals/ecam/2013/340215/>

## Cinnamon

Cinnamon has been highly prized since ancient times not only for its lovely taste, but antibacterial effects as well. It has been proven to act against a wide range of gram-positive and gram-negative bacteria, include Staph, Strep, E coli and Pseudomonas aeruginosa. It also preserves food and helps prevent illnesses from spoiled foods.



Use cinnamon sticks and grind them yourself to ensure purity, or use tiny amounts of cinnamon oil.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4586554/>

## Cryptolepis

Cryptolepis is a shrub found in several parts of Africa that offers a range of health benefits. It is antiparasitic, antimalarial, antibacterial, and antifungal. It is effective even against superbugs like MRSA. It can be used to treat staphylococcus aureus, malaria, Shigella dysenteriae, E coli, Neisseria gonorrhoeae, Candida albicans, Camphylobacter, and many other gram-positive and gram-negative bacteria.

It can be powdered and drunk as a tea, or used topically to treat wounds. This African shrub has also recently become a popular treatment for Lyme disease in the West.

<http://herbalisttimes.com/herbal-antibiotics-effective-against-superbugs/>

## Echinacea

Echinacea has been used for centuries to treat colds and flu. It boosts the immune system and aids in recovery. It also has antioxidant and antimicrobial properties and is effective against Candida albicans and Saccharomyces cerevisiae. It is generally safe, but should be avoided by anyone who tends to have allergies, or who has MS or lupus.

<https://www.sciencedirect.com/science/article/pii/S1004954108602347>

## Eucalyptus

Eucalyptus essential oil is a mainstay against colds and flu as an inhalant, but it can also kill off E. coli and Staphylococcus aureus when used as a cleansing agent mixed with alcohol. The powdered leaf can be used internally for bacterial dysentery, ringworm, liver and gallbladder problems and loss of appetite.

It is generally safe, but should be avoided by anyone with diabetes, or those planning to have surgery.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609378/>

## Garlic

Garlic is a powerhouse in nature, tasty and full of health benefits. Eaten raw or cooked, it can fight off a range of bacteria, including tuberculosis, *Shigella dysenteriae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *E. coli*, *Streptococcus*, *Salmonella*, *Campylobacter*, *Proteus mirabilis*, herpes simplex, influenza B, HIV and many others.



It is easy to add to recipes such as Italian or Indian recipes. If you are not fond of the taste, or don't want to walk around with garlic breath, you can take it in capsule form. Start with a small dose and increase it gradually so as to avoid an upset stomach.

Garlic is generally safe, and also great for heart health, but if you take blood thinners, have low blood pressure, or are planning to have surgery, you should avoid garlic.

<https://www.webmd.com/vitamins-supplements/ingredientmono-300-GARLIC.aspx?activeIngredientId=300&activeIngredientName=GARLIC&source=0>

## Ginger

Fresh, pickled, and dried ginger have been used for years in Asian medicine as an antibiotic and a preventive against foodborne illnesses. It is one of the main reasons why it is served on the side of sushi, just in case the fish isn't at the peak of freshness.

Studies have shown it to be effective against salmonella, listeria and campylobacter. Fresh ginger also increases stomach acid production and helps calm indigestion.

Eat raw, or drink tea. Add to stir fries and Indian dishes. If you are traveling abroad and wish to avoid foodborne illness, buy some fresh, peel and wash it, then eat a small sliver or two a few times per day. Or buy a jar of pickled and eat a couple of slices and drink the liquid as well.

Ginger is safe for most people except those with diabetes, bleeding disorders, and certain heart conditions.

<https://www.webmd.com/vitamins-supplements/ingredientmono-961-GINGER.aspx?activeIngredientId=961&activeIngredientName=GINGER&source=0>

## Goldenseal

Goldenseal is a staple of the modern herbalist's medicine cabinet because it has so many uses. It is used for colds, flu and upper respiratory infections. It is useful for many infections, including diarrhea, pneumonia, giardia, vaginosis, urinary tract infections, malaria, and salmonella.

It is generally considered safe for all people except pregnant women and newborn babies.

<https://www.webmd.com/vitamins-supplements/ingredientmono-943-GOLDENSEAL.aspx?activeIngredientId=943&activeIngredientName=GOLDENSEAL&source=0>

## Grapefruit Seed Extract

Grapefruit Seed Extract, or GSE, fights candida (yeast infections) and even stubborn urinary tract infections. It boosts the immune system and can help treat histoplasmosis, a respiratory disorder commonly mistaken for tuberculosis.

It is also good for cleaning up toenail fungus and athlete's foot. It can be used to clean surfaces, laundry, hot tubs, carpets, swimming pools and humidifiers, inhibiting bacterial or fungal growth.

It is generally safe for most people unless they are on blood thinners or have high blood pressure. Dilute the oil to avoid skin irritation, and try not to get in the eyes or mouth.

<https://draxe.com/grapefruit-seed-extract/>

## Juniper



The juniper is a common tree that grows in most parts of the world. The berries of the juniper (rather than the bark) has been used for centuries for its healing properties. Research conducted in 2005 showed that juniper berry essential oil was

effective against sixteen bacterial species, seven yeast-like fungi, three yeast and four dermatophyte strains. Juniper essential oil showed similar bactericidal activities against Gram-positive and Gram-negative bacterial species. It had a strong fungicidal effect against yeast, yeast-like fungi and dermatophytes.

It is useful against *Candida*, *Staphylococcus*, *Enterococcus faecalis*, *Salmonella*, *Proteus mirabilis*, *Shigella*, *Klebsiella*, *E coli* and *Yersinia*.

Those with blood pressure issues, stomach disorders, or diabetes should avoid juniper.

<https://www.ncbi.nlm.nih.gov/pubmed/16375831>

<https://hrcak.srce.hr/file/29715>

## Liquorice

Liquorice has a great taste and even better health properties. It is a powerful immune system stimulant and antibiotic; the danger is that it is so useful, many people take too much of it and suffer from some of its common side effects, such as elevated blood pressure and water retention/bloating.

Liquorice can be used to treat malaria, tuberculosis, *Bacillus subtilis*, *Staphylococcus aureus*, *Streptococcus sobrinus*, *S. mutans*, *Salmonella*, *E coli*, *Candida albicans*, *Vibrio cholera*, *Toxocara canis*, and more.

Use it as tea once a day, and as a syrup for sore throats and upper respiratory issues. Be sure you are using real licorice, not something flavored with anise. Those with low potassium or heart conditions should avoid liquorice.

<https://www.webmd.com/vitamins-supplements/ingredientmono-881-LICORICE.aspx?activeIngredientId=881&activeIngredientName=LICORICE&source=0>



## Manuka honey

Manuka honey comes from New Zealand, from bees that pollenate the Manuka bush. It is a bit of an acquired taste, but it has proven effective internally and externally in dealing with bacteria and infections, even with antibiotic-resistant MRSA.

It can be used in soap, hair conditioner and shampoo cleanse and purify. It can also be used as a salve for wound treatments for faster healing. You can use it to treat burns, wounds and skin ulcers.

It soothes the stomach and can help with ulcers and inflammatory bowel disease. It helps with oral health and sore throats.

It is generally safe, but those with a bee sting allergy should probably avoid Manuka honey.

<https://draxe.com/manuka-honey-benefits-uses/>

## Onions

The humble onion may not seem like a powerful tool for healing, but it can kill Strep and several other oral infections that can harm your dental health. Onion is most effective in this instance when eaten fresh and raw.

<https://www.ncbi.nlm.nih.gov/pubmed/9354029>

In another study, the essential oils of green, red and yellow onions were tested, and garlic, against *Staphylococcus aureus*, *Salmonella*, and three fungi, *Aspergillus niger*, *Penicillium cyclopium* and *Fusarium oxysporum*, was investigated. Antimicrobial activity was highest in the garlic and lowest in the green onion. Higher concentrations, such as 200, 300 and 500 ml/l, were more effective, except in the case of the garlic, where all concentrations were effective.

Staph showed less sensitivity, but *Salmonella* was strongly inhibited by red onion and garlic extracts. *F. oxysporum* showed

the lowest sensitivity, but *A. niger* and *P. cyclopium* were significantly inhibited even at low concentrations. This would suggest that those concerned with food health and safety should consider adding some onion and garlic essential oil to their cooking.

<http://www.sciencedirect.com/science/article/pii/S0023643803001671>

Onion is generally safe for most people, but those with bleeding disorders or diabetes should use caution.

<https://www.webmd.com/vitamins-supplements/ingredientmono-643-ONION.aspx?activeIngredientId=643&activeIngredientName=ONION&source=0>

## Oregano oil

The essential oil derived from oregano kills harmful bacteria while preserving helpful ones. It is also antiviral and antifungal, so can kill off a broad spectrum of health issues without damaging the natural balance of your gut flora.

The key ingredient in oil of oregano is carvacrol, so when shopping, look for oil that contains at least 70% carvacrol. Fresh or dried oregano won't be as potent as the essential oil, but it is a delicious addition to many recipes, particularly Italian food.

It is generally safe, but very powerful, so should only be taken for short amounts of time. The dried herb is safe for most people, but those who are pregnant or have bleeding disorders should use sparingly. Oregano can cause reactions in people allergic to Lamiaceae family plants, including basil, hyssop, lavender, marjoram, mint, and sage.

<https://draxe.com/oregano-oil-benefits-superior-prescription-antibiotics/>  
<https://www.webmd.com/vitamins-supplements/ingredientmono-644->

[OREGANO.aspx?activeIngredientId=644&activeIngredientName=OREGANO&source=0](https://www.terrytalksnutrition.com/health-articles/propolis-the-natural-antibiotic-for-mrsa-candida-and-more/)

## Propolis

Propolis, or bee propolis, has been used since the time of the ancient Greeks to treat bacterial infections. It is effective against MRSA, Candida, Strep and S. pyogenes. It also inhibits staph and E coli.

It is generally safe for most people. However, those with asthma, bleeding conditions, or allergies to bee products or aspirin should not use it.

<https://www.terrytalksnutrition.com/health-articles/propolis-the-natural-antibiotic-for-mrsa-candida-and-more/>

<https://www.webmd.com/vitamins-supplements/ingredientmono-390-propolis.aspx?activeingredientid=390&>

## Rhodiola

Rhodiola is often used to treat colds, and with good reason. It has antibiotic, antiviral and antimicrobial effects. In one study, it protected athletes who were usually prone to getting virus after running marathons.

<https://www.ncbi.nlm.nih.gov/pubmed/26284250>

It has also been proven effective against Staph infections, and inhibits prostate cancer cells.

<https://www.ncbi.nlm.nih.gov/pubmed/16220564>

It is safe and effective for most people, though pregnant women might wish to be cautious.

## Sage

This humble plant holds a wealth of health benefits, from helping with depression and obesity, to antibacterial activity.

A study conducted on the antibacterial effect of sage against food-spoiling bacteria demonstrated that it had significant antibacterial activity, and it was most effective against *Bacillus mycoides*, *Bacillus subtilis*, *Enterobacter cloacae*, and *Proteus* sp.

In terms of oral health, it is effective against Strep, *Lactobacillus rhamnosus*, and *Actinomyces viscosus*.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003706/>

Another study showed it is effective against staph, strep, candida, E coli, Salmonella and *Pseudomonas aeruginosa*. The researchers concluded, "In comparison with most known antibiotics, the efficiency of *S. officinalis* essential oil was much better, especially against bacteria resistant to antibiotic."

[http://www.academicjournals.org/article/article1380792474\\_Khalil%20and%20Li.pdf](http://www.academicjournals.org/article/article1380792474_Khalil%20and%20Li.pdf)

## Sida acuta and sida alba

Sida acuta and Sida alba have been studied in terms of their effectiveness against bacteria, and in particular ones that have proven anti-biotic-resistant. It works well against E. coli, Strep, Shigella, E faecalis, and Proteus infections.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3316130/>

Note that there are many different types of sida, some of which can be dangerous.

## Tea Tree Oil

Tea tree oil is a powerful natural antibiotic that combats bacterial infections, MRSA, respiratory infections, and many fungal infections, such as candida and athlete's foot. It can be

used as a body wash and household cleaner to kill off many common germs.

It should only be used externally. Those with sensitive skin should dilute to 5% to 10% only and test on their skin before applying it all over their face, for example.

<https://draxe.com/tea-tree-oil-uses-benefits/>

## Turmeric



This cheerful golden-yellow spice has been the cornerstone of Ayurvedic medicine for around 5,000 years. One study showed that the active ingredient in turmeric, curcumin, broke down the cell walls of bacteria such as Staph, E coli, E faecalis) and Pseudomonas aeruginosa. It is also effective against H pylori, one of the main causes of peptic ulcers.

Avoid large doses if you have stomach or bleeding issues, diabetes, gallbladder problems, or any hormonally related cancers like ovarian cancer.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4374920/>

<https://www.webmd.com/vitamins-supplements/ingredientmono-662-TURMERIC.aspx?activeIngredientId=662&activeIngredientName=TURMERIC&source=0>

## Usnea

Usnea is a lichen that forms on trees. It is used to treat staph infections, upper respiratory infections, pneumonia, and fungal infections. Some claim it is as effective as doxycycline.

It is generally safe, but those with liver disorders should avoid it.

<https://www.webmd.com/vitamins-supplements/ingredientmono-694-USNEA.aspx?activeIngredientId=694&activeIngredientName=USNEA&source=0>

## Yarrow

Yarrow has been used for centuries for colds and upper respiratory issues. In one study, yarrow essential oil was effective against *Klebsiella pneumoniae* and penicillin-susceptible and penicillin-resistant *Streptococcus pneumoniae*. The oil was also effective against *Haemophilus influenzae* and *Pseudomonas aeruginosa*. *Streptococcus pyogenes* was the most resistant to the oil but still affected by it.

<https://www.ncbi.nlm.nih.gov/pubmed/15567252>

Yarrow is generally safe but should be avoided by those with a bleeding disorder or an allergy to ragweed.

## Conclusion

Herbs are nature's medicine cabinet, with many plants and botanicals possessing therapeutic properties. With all of the concern about over-prescribing antibiotics, and "super bugs" resisting all known antibiotics, it's time to turn back to nature for effective cures.

There are so many active ingredients in many of these herbs that it would be impossible for bacteria to develop resistance to them. They are also highly selective-they kill off bad bacteria without harming good bacteria.

Several of the ones we have discussed inhibit foodborne pathogens, which is of particular importance these days when our food chain seems to be so contaminated.

Finally, many of these herbs and botanicals are inexpensive, easy to use, and taste great. Start simply by incorporating 1 or 2 into your diet and see what a difference it can make to your health.

