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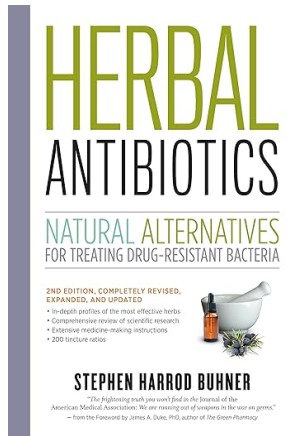
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# Herbal Antibiotics, 2nd Edition: Natural Alternatives for Treating Drug-resistant Bacteria

Paperback – July 17, 2012

by Stephen Harrod Buhner (Author)

4.7 2,809 ratings See all formats and editions

This comprehensive guide offers sound information on herbal alternatives to standard antibiotics, making it an indispensable addition to every family's medicine cabinet.

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

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Print length	Language	Publisher
480 pages	English	Storey Publishing, LLC



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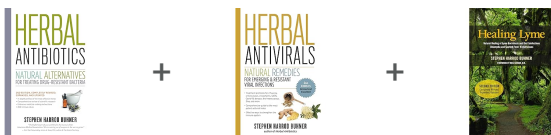
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Stephen Harrod

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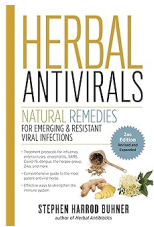
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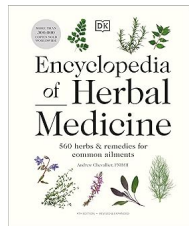
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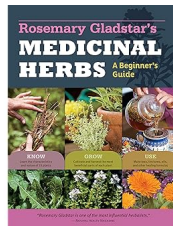
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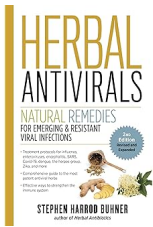
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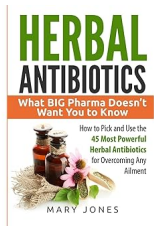
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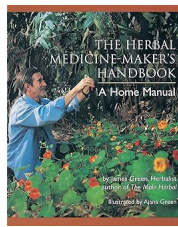
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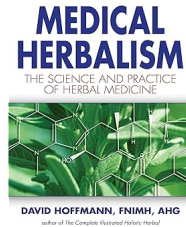
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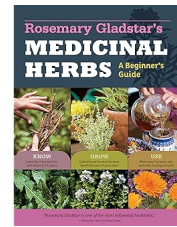
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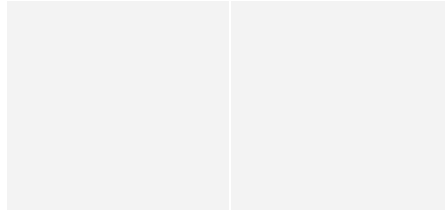
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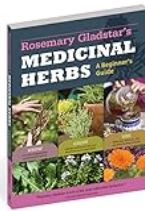
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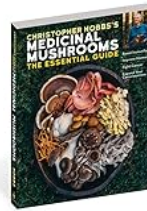
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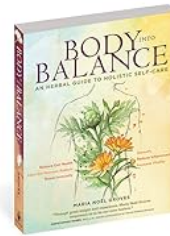
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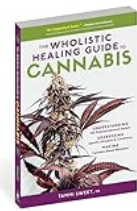
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Price	\$14 <sup>67</sup>	\$11 <sup>49</sup>	\$11 <sup>70</sup>	\$12 <sup>96</sup>	\$23 <sup>20</sup>

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Explore the potent world of herbal antivirals with Stephen Harrod Buhner. From SARS-CoV-2 to common infections, discover nature's remedies for strengthening immunity. A comprehensive guide for a resilient defense.

Discover more than 100 easy-to-follow, effective recipes for teas, salves, tinctures, oils, syrups, and pills that help naturally fortify against common upsets and ailments.

Esteemed mycologist and herbalist Christopher Hobbs profiles the most powerful medicinal mushrooms and provides detailed instructions on how to select, store, and prepare each variety for use.

Decode your body's messages and find lasting well-being with Maria Noël Groves' herbal wisdom. Use natural remedies to restore vitality, prevent issues, and foster holistic health.

Herbalist Tammi Sweet offers a full perspective on the relationship between the cannabis plant and the human endocannabinoid system, and provides detailed instructions for making cannabis remedies at home.

## Editorial Reviews

### Review

"In this timely book, Buhner reveals that plants are the people's medicine, possessing attributes that pharmaceuticals never will."

"Humans have misused antibiotics to the point that these drugs are becoming worthless. In *Herbal Antibiotics*, Buhner argues that by turning to plants for healing, we would be working with nature—and improving our chances of surviving the superbugs."

"A comprehensive introduction worthy to be on the shelf of any holistic practitioner, herbalist, farmer or parent. The book ... shows an appreciation for the melding of traditional practices, tools, and wisdom with modern research and insight."

### From the Back Cover

The Essential Guide to Building Your Natural Defenses

Bacterial infections are on the rise, and pharmaceutical antibiotics are increasingly powerless to stop them. Pathogenic bacteria are tenacious survivors; they outsmart modern medicine and become virulent "superbugs," resistant to antibiotics and increasingly deadly.

Stephen Harrod Buhner offers conclusive evidence that plant medicines, with their complex mix of multiple antibiotic, systemic, and synergistic compounds, should be our first line of defense against resistant infections. His indispensable reference explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of the most reliably effective herbs, giving you the confidence to identify the best herbal formulas and make medicines yourself.

▼ [Read more](#)

## Product details

**Publisher** : Storey Publishing, LLC; 2nd edition (July 17, 2012)

**Language** : English

**Paperback** : 480 pages

**ISBN-10** : 1603429875

**ISBN-13** : 978-1603429870

**Item Weight** : 2.31 pounds

**Dimensions** : 6 x 1.25 x 9 inches

**Best Sellers Rank**: #19,135 in Books (See [Top 100 in Books](#))

#3 in [Viral Diseases \(Books\)](#)

#10 in [Communicable Diseases \(Books\)](#)

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**Customer Reviews**: 4.7

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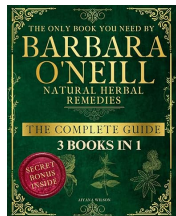
### Stephen Harrod Buhner

Stephen Harrod Buhner is the author of Herbal Antivirals, Herbal Antibiotics (now in its second edition), and 17 other works including Herbs for Hepatitis C and the Liver, Sacred Plant Medicine, The Lost Language of Plants, The Secret Teachings of Plants, and Ensouling Language. He speaks internationally on herbal medicine, emerging diseases, complex interrelationships in ecosystems, Gaian dynamics, and musical/sound

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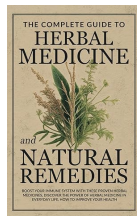
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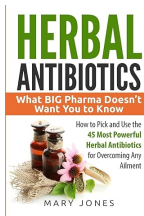
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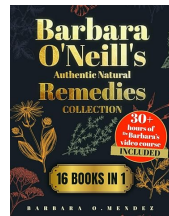
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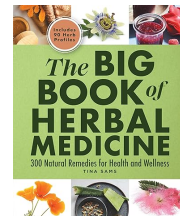
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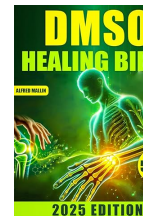
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Barbara O. Mendez

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The Big Book of Herbal Medicine: 300 Natural Remedies for Health and Wellness  
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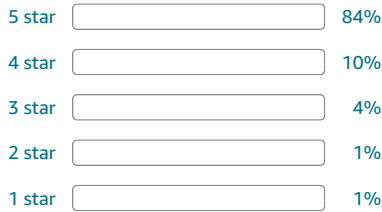
Very poor ----- Neutral ----- Great



## Customer reviews

4.7 out of 5

2,809 global ratings



How customer reviews and ratings work

### Customers say

Customers find the information in the book well-researched and scientifically explained. They also say it's an awesome book for natural antibiotics and herbal solutions. Readers describe the book as well worth the money and an invaluable asset. Opinions are mixed on the ease of reading, with some finding it easy and well-written, while others say it's intimidating and difficult to comprehend.

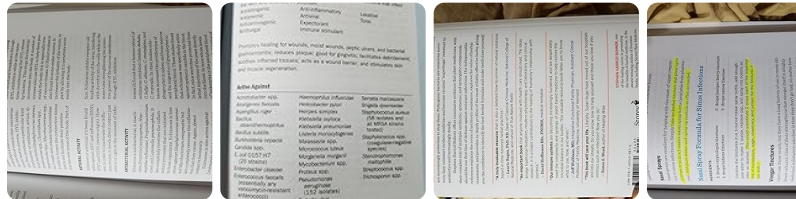
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Top reviews

### Top reviews from the United States

Edward Rapp

**Absolutely essential to anyone who likes being alive....**

Reviewed in the United States on May 10, 2013

Verified Purchase

You MUST own this book if you care about your own life - and/or if you have any loved ones, or family at all that you care about.

Further - If you have a health professional, a hospital administrator, or a health policy maker in your circles - you should also plead with them to read this book..... in the hopes that a grass-roots effort can somehow begin to shift the paradigm of the (now totally lost) war on infectious disease.

Just yesterday (May 9th) - A top news outfit had a headline which linked to a story about a new resistant strain of Gonorrhea in Hawaii that is TOTALLY RESISTANT TO ALL ANTI-BIOTICS, but even more sad was the article's discussion of how Government officials may intervene requiring pharmaceutical companies to develop a new anti-biotic to deal with this most recent issue. We all know by now that the definition of insanity: is doing the same thing over and over again and expecting different results - obviously no one involved with this news story has ever heard of Stephen Buhner.

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Helpful Report

Holly

**Must read**

Reviewed in the United States on July 23, 2024

Verified Purchase

Great info and super funny, dry humor.

Helpful Report

The Lifestyle Passport

**Great book on herbal antibiotics!**

Reviewed in the United States on January 1, 2024

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I love this book! It's very thorough and gives in depth information on effective herbs. I love that it gives medicine-making instructions that are easy enough for anyone to follow.

7 people found this helpful

Helpful

Report



Shannon

#### Herbal Antibiotics

Reviewed in the United States on November 12, 2024

**Verified Purchase**

I have skimmed through this book of Herbal Antibiotics and so far I am so impressed. As a family we are wanting more natural options for medicines and this book will become a vital piece in our library.

Helpful

Report



Allison Dey

#### Parts are great and parts are overkill

Reviewed in the United States on July 28, 2023

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The first part of the book clearly and extensively explains bacteria, how they work, how they learn how to become resistant and why they have. This underlying knowledge is a really great foundation to understanding how other types of antibiotic and antimicrobial agents, specifically from plants, lichens, etc. continue to be effective where pharmaceutical antibiotics may not be. When it comes to the specific treatments and dosages, an inexperienced lay person or armchair herbalist who thinks they are an herbalist but isn't, is going to be massively overwhelmed and potentially hurt themselves or someone else. Plus these recipes for treatment are long and complicated. It could easily make the reader believe that if they don't or can't follow these protocols, their treatment of a bacterial illness or infection will be ineffectual. This is not true. There are many ways to treat MRSA, for example, and if the treatment protocols in the book can't be done by the reader, my advice is to do more research into antibiotic plants medicines because there are numerous simpler protocols to treat MRSA other than how this book recommends. That said, if you are interested in using antibiotic and healing plant medicines, you'll learn a lot from this book.

11 people found this helpful

Helpful

Report



MHPL

#### Everyone should own this book

Reviewed in the United States on November 19, 2024

**Verified Purchase**

Its like having an encyclopedia of Herbal antiviral remedies at your fingertips. Stephen Buhner also wrote Herbal Antibiotics. Highly recommended!

Helpful

Report



Lori

#### EVERY HOUSE NEEDS THIS BOOK

Reviewed in the United States on March 8, 2023

**Verified Purchase**

Well, I kind of have a long story but I'll try to make it short. I have had 20 surgeries on my right knee involving many replacements the last one being in 2016. Fast forward to August, 2022 I came down with a staff infection in the knee replacement and got extremely sick, the pain was unbelievable worst pain I have ever experienced . It nearly took my life. I was medevac'd to a well known specialty hospital for emergency surgery. Fast forward six months later when the doctor took me off antibiotics within a week the infection came back so I had to go back on antibiotics and I guess we all know what being on heavy duty antibiotics can do to the body, they actually make infections morph into a strain that is resistant to antibiotics. I knew that I needed to do some thing about it. I have Dr B's book on antivirals and I love it so I got the anabiotic book also. I have been taking the tinctures suggested by Dr. B which is licorice root, Rishi, and most importantly Cryptolepis .

I healed myself. No emergency room let's take your knee out now cuz that's what they do with stage two prosthetic infection!!!! BUY THIS BOOK IT CAN SAVE YOUR LIFE. I was only on the antibiotics for about 4 weeks with the tinctures but went completely off the antibiotics again and have just been on the tinctures;

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Trent

**fantastic**

Reviewed in the United States on April 19, 2024

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lot of good information

Helpful Report

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Satosi

**A great deal of useful, practical knowledge in this book**

Reviewed in Canada on January 12, 2023

Verified Purchase

Treating my own UTI at the moment using home homeopathics & herbal recommendations from this book - juniper berry for this type of infection, for anyone who is wondering. I am drinking a single drop of the essential oil in very warm water, twice a day, as well as applying juniper berry essential oil to my abdomen, mixed with castor oil for maximum penetration. I will be going to buy some actual berries tomorrow & planting a bush this year for my own medicinal use. I absolutely love plant medicine. It's always there for us.

Why did I not go to the doctor, you might ask? I did. Got blood & urine tests done, but good luck actually getting in to see a doctor for treatment here in Canada. Much like most other countries, our medical systems have gone to #%!@ so it's up to us to look after ourselves.

This is something I knew long ago base don my own observations & direct expeprience, and have been using natural medicine for many years as my ancestors did / still do. Avoiding doctors & pharmaceuticals is one of the reasons people in my family live to very old ages. Diagnostic tests can be helpful, without a

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P.Q.

**An excellent herbal reference book.**

Reviewed in the United Kingdom on January 25, 2023

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I've used herbs for 25 years and consider this book to be absolutely essential for any naturopath, or anyone wanting to learn more about herbs and take back control of their health properly. Though I've used the e-version of this book for ages, I've just purchased the paperback and it is wonderful. The layout is great and it's really easy to find the information you're looking for.

Scientific studies are included in the book, proving that the earth's natural pharmacy is just as - if not more than - effective as modern drugs (which often cause side effects or mask symptoms instead of curing). Herbs work on a very deep level in the body, yes the healing can be slower than with modern drugs but their ability to strengthen the whole body is something Big Pharma can only dream of. And as someone else said, drugs companies are out to make money. Having a healthy population isn't good for business.

Report

Patrick

**Livre super important à notre époque**

Reviewed in France on January 31, 2019

Verified Purchase

A notre époque où les antibiotiques s'essouffent, il est grand temps de retrouver la sagesse des plantes. Tout est expliqué dans les moindres détails, rien ne manque, même les nombreuses études scientifiques qui confirment l'efficacité des plantes. Seule déception, mais ce n'est pas de la faute de l'auteur: la plupart des plantes sont tropicales et donc difficiles à faire pousser en Europe...



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**medical and natural versions for conditions given**

Reviewed in Australia on June 10, 2024

**Verified Purchase**

very authoritative with both the medical and natural recommendations given for each condition in great detail.

Report



Vero

**Excelente**

Reviewed in Spain on March 23, 2018

**Verified Purchase**

Muy buen libro para poder hacer frente a las infecciones bacterianas sin antibióticos de farmacia. Incluso trae recetas para hacer algunas tinturas.

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