

Herbal Antibiotics 2nd Edition Natural Alternatives For Treating Drug Resistant Bacteria

A DEFINITIVE GUIDE TO HEALING ANY AILMENT HOLISTICALLY WHEN DISASTER STRIKES When disaster strikes and you lose all access to doctors, hospitals and pharmacies, natural medicine will be your family's best hope for survival. Prepper's Natural Medicine is the definitive guide to creating powerful home remedies for any health situation, including: •Herbal Salve for Infections •Poultice for Broken Bones •Natural Ointment for Poison Ivy •Infused Honey for Burns •Essential Oil for Migraines •Soothing Tea for Allergies •Nutritional Syrup for Flu With easy-to-read herbal charts, a breakdown of essential oils, tips for stockpiling natural medicines and step-by-step instructions for creating your own elixirs, salves and more, this book offers everything you need to keep you and your loved ones safe.

Homemade Antibiotics: TOP 30 Effective Natural Remedies And Best Organic Recipes For Healing Without Pills Ready, start, learn... Welcome to the start of a journey that will teach more about your body, viruses, infections, and the natural remedies that can help you shore up your immune system and treat any illness that requires antibiotics and other antivirals. This book is written to help you: Learn more about your immune system and how it works Learn about the effects of prescribed antibiotics Learn about herbal alternatives to antibiotics and antivirals Find essential oils to boost the immune system Mix herbals and essential oil blends to combat colds, viruses and infections So, if you are ready to learn more about how your body works and a little about natural health, swipe the page, and let's get started!

By purchasing this book, you're buying a guide to health that will walk you through every aspect of holistic healing in regards to remedies for diseases and how to boost your immune system to prevent them. We've done the research, and we will also supply you with possible side-effects or interactions if you are currently taking prescription drugs. If you are ready to learn about remedies and how to make them, read on my friend. Let's get started.

The historical use of plants by indigenous peoples is explored, and how this connects to universal experiences of the sacred in everyday life.

Homemade Natural Herbal Remedies - no more antibiotics! When one of your family members falls ill, what is the first thing you do? You probably pay a visit to your family doctor and, depending on the nature of the ailment, your doctor may prescribe a round of antibiotics. What you may not realize is that the very medicine your doctor gives you feel better may actually have a negative impact on your health. The same antibiotics that are designed to kill harmful bacteria can also come with nasty side effects including upset stomach, diarrhea, vomiting, or skin rash. Are you willing to take the risk that something designed to make you feel better could actually make you feel worse? If you are concerned about the risks associated with antibiotics, you may be interested to learn that there are a number of natural antibiotic remedies out there. Certain herbs and other natural ingredients have powerful antibiotic properties that can relieve your symptoms quickly and naturally - without a prescription. In this book you will learn the basics about natural herbal antibiotics and receive a collection of recipes to get you started in making your own herbal antibiotics at home. Recipes included in this book: *Flu Fighting Tea *Diaper Rash Cream *Cough Syrup *Earache Treatment *Fever Reducing Infusion *Wound healing clay And MANY more... REVIEW from Carrie on Amazon.com.au "I gave this book five stars because it is exactly what every person should read. Healing common ailments through natural remedies is safe, easy to do and reduces the amount of antibiotics people take for conditions that can be cured naturally. The writer describes the top twelve natural antibiotics and gives recipes to help clear common conditions. The body's own immune system can learn to heal naturally through these well-chosen remedies. I have been taking the cinnamon and lemon cough syrup for a niggling cough that has been plaguing me at night and it is far tastier and healthier than the over-the-counter variety. It has also successfully lessened my symptoms. This a must have book for your library!" Scroll up and click 'Buy now' to start your natural remedy journey!

Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy. Book cover - In this book, Dr Mowrey provides the answers on why herbal medicine is effective - possibly more effective in treatment than pharmaceutical drugs and medications. The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive

than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

“A great reference for keeping the family healthy using herbal medicine.” —Cultivate to Plate Are you seeking safe and natural ways to help bolster your family’s health and wellness? Dr. JJ Pursell, a naturopathic physician and the author of *The Herbal Apothecary*, is here to help with herbal recipes focused on whole-family health. *Medicinal Herbs for Family Health and Wellness* focuses on treatments for women, men, babies, kids, and the elderly. It covers everything from asthma, allergies, and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home. You will also learn how to build a home apothecary and find value in a primer focused on the most powerful herbs. There is nothing more important than safety when it comes to family, and the trusted advice found in *Medicinal Herbs for Family Health and Wellness* will provide the assurance you need.

The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism • Reveals how shamans and healers “talk” with plants to discover their medicinal properties • Includes the prayers and medicine songs associated with each of the plants examined • By the author of *The Secret Teachings of Plants* As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine. Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In *Sacred Plant Medicine* Stephen Harrod Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

Herbal Antibiotics and Antivirals: How to Cure Illness With Holistic, All Natural, Herbal Medicines and Remedies You're about to discover how to find and use herbal anti-virals, antibiotics and immune system boosters to cure your illnesses, and improve your health. Do you have an illness that modern medicine can't fix? Or do you just want to avoid chemical based pharmaceuticals that have so many possible side effects? Well you have come to the right place. This book will tell you which herbs can help with which illnesses, and provides recipes for herbal remedies that will help with an array of illnesses from the common cold to Eczema. Herbs can provide natural, holistic benefits to your health, you just need to know how to use them, and this book will tell you how. Here Is A Preview Of What You'll Learn... the Prevalence of Herbal Medicine the differences between Modern and Traditional Medicine Herbal Medicine For The Immune System Herbal Antibiotics (Herbs that Kill Bacteria) Herbal Antivirals (Herbs that Kill Viruses) Herbal Remedy Recipes Are Herbal Medicines Right for You? Much, much more!

Providing practical guidance and hope, Stephen Harrod Buhner offers a thorough examination of the most effective herbal remedies for hepatitis C. While promoting a protocol of cleansing the liver and strengthening the immune system through a combination of diet, herbal medicines, and lifestyle changes, this guide will help you choose the best remedies for your individual needs. Clear descriptions of how common herbal treatments work to combat hepatitis C will empower you to make informed choices that can successfully mitigate your suffering.

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine.

Explore the ancient art of formulary with award-winning herbalist Holly Bellebuono's comprehensive guide to creating effective herbal medicine. Organized by body systems, *An Herbalist's Guide to Formulary* shows how to design a holistic treatment for acute and chronic conditions. Packed with detailed information on more than one hundred plants, *An Herbalist's Guide to Formulary* is the go-to reference for formulary. Holly presents her 4-tier formula structure, a commonsense way to integrate a wide range of herbal actions while keeping the formula simple. She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses, preventative care, and overall wellness. With this book's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill. Praise: "Holly has blended the richness of the Western herbal tradition with the transformative insights of modern holistic medicine. This book is a cornucopia of herbal insights."—David Hoffmann, BS, FNIMH, medical herbalist

With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable. *Herbal Medic* covers first-aid essentials, such how to assess a situation and a person in need of treatment and distinguish between illness and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic introduction to herbal medicine, with detailed entries on the best herbs to use in treatment; information on disease in the body and how herbs work against it; instructions for making herbal preparations; a list of those herbs the author has found most useful in his clinical experience; and a wide array of specific herbal care protocols for a multitude of acute health issues. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

In Healing Lyme Disease Naturally, anthropologist Wolf D. Storl shares his own success in overcoming a difficult, sometimes deadly disease that is reaching epidemic proportions. When he was diagnosed, Dr. Storl refused standard treatments because of antibiotic intolerance. Instead, he researched healing systems of various cultures including Traditional Chinese Medicine, American Indian healing practices, homeopathy, and traditional Western herbal lore and discovered the teasel root. Teasel, a flowering plant that grows throughout Europe and Asia, tonifies the liver and kidneys, promotes blood circulation, and strengthens the bones and tendons. The plant has been documented to help cure chronic conditions marked by arthritis, sore, stiff muscles, and eventual incapacitation—all symptoms associated with Lyme disease. Dr. Storl's approach consists of flushing out toxins and inhibiting bacteria by using teasel root as tincture, powder, or tea (available for purchase online and in natural foods stores); stimulating the immune system and detoxifying the body by exposing it to extreme heat (sweat lodges and Japanese baths); and dietary and naturopathic measures, including fresh natural food, exercise, and sufficient sleep. Written in an encouraging, personal tone but based in science and clinical studies, Healing Lyme Disease Naturally offers hope in combating a condition that has stubbornly resisted conventional medical treatment. From the Trade Paperback edition.

This is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world.

"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

The complete guide to the many uses and benefits of colloidal silver • Explains how to use colloidal silver to boost immunity, reduce inflammation, and treat 80 common diseases and conditions, including eczema, acne, thrush, flu, asthma, hay fever, mastitis, canker sores, gingivitis, and conjunctivitis • Details the correct dosages and applications of colloidal silver, including the proper "parts per million" (ppm) for acute treatments and daily use • Debunks concerns about colloidal silver and argyria, the "blue man" phenomena associated with silver intake • Looks at the latest scientific studies from UCLA Medical Center, Temple University, and other well-known institutions Colloidal silver was widely used as a natural antibiotic and antiviral until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. Now with the rise of antibiotic-resistant infections, colloidal silver has reentered the sights of medical researchers, alternative health practitioners, and those looking to take control of their own health. In this practical guide, the authors explore the many uses and benefits of colloidal silver for boosting immunity, reducing pain and inflammation, and treating more than 80 common diseases and conditions, including eczema, acne, thrush, flu, asthma, hay fever, mastitis, canker sores, gingivitis, and conjunctivitis. Citing scientific studies from UCLA Medical Center, Temple University, and other well-known institutions, they reveal how colloidal silver works against bacteria, viruses, and fungi, including strep, staph, and candida, often in a matter of minutes. They examine how it accelerates the healing of cuts and bruises and how it can also be used to treat our animal companions. They explore its use, with no side effects, in the treatment of diseases of the eyes, skin, mouth, respiratory tract, and digestive tract as well as in the treatment of cancer. Debunking concerns about colloidal silver and argyria, the "blue man" phenomena associated with silver intake, the authors detail the correct dosages and applications of colloidal silver, including the proper "parts per million" (ppm) concentration for each ailment and for daily use. They explain what to look for when purchasing colloidal silver as well as how to make it at home. They also explore the long history of silver in folk medicine, including its use by Hildegard von Bingen, and its use in homeopathy, crystal healing, anthroposophic medicine, and spagyrics.

Current information about antibiotic resistant microbes and the herbs that are effective in fighting them.

Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and emotionally • Details what to expect during your fast physically, emotionally, and spiritually • Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast • Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a

deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

Explains how to use medicinal herbs and essential oils to fight infectious illness, strengthen the immune system, and combat antibiotic resistance • Presents 18 of the most potent antibiotic and antiviral herbs and one beehive remedy, propolis, detailing how to use them and what illnesses each is best suited to treat • Reveals how natural antibiotics have antiviral properties, lack side effects, and have no adverse effects on non-targeted bacteria, such as intestinal flora • Also includes info on restoring gut health with probiotics, strengthening your immune system to become less receptive to infections, and supporting natural antibiotics with detox treatments Nature offers us many natural antibiotics from the plant kingdom that work powerfully against germs while also being gentle on the body. Knowledge of these safe and natural antibiotics and antivirals is more crucial now than ever as modern antibiotics become less and less effective due to the growing threat of antibiotic-resistant germs. Natural antibiotics even offer an opportunity to reverse antibiotic resistance by reducing the use of pharmaceutical antibiotics to only the most critical cases. In this practical guide, Christopher Vasey presents 18 of the most potent antibiotic and antiviral herbs from around the world and one beehive remedy, propolis. He details how to use them effectively as mother tinctures and essential oils as well as what illnesses each is best suited to treat. Drawing on the latest research, he explains how microbes can't build resistance against these natural substances due to the many molecules in their make-up and their large spectrum of action in the body, which makes them effective against viruses as well. He reveals that, unlike pharmaceutical antibiotics and antivirals whose list of side effects grows in proportion to their strength, natural antibiotics generally lack any malignant side effects and have no adverse effects on non-targeted bacteria, such as intestinal flora. The author also includes information on probiotics to restore gut health after the use of pharmaceutical antibiotics, ways to strengthen your immune system and become less receptive to infections, and guidance on detox treatments to support the natural antibiotics as they work. He also provides an index of more than 50 common ailments and diseases with the most effective medicinal plants and essential oils to use in each case. Offering a way to break free from the threat of antibiotic-resistant germs and improve the body's immune system and internal terrain, this guide gives each of us the ability to fight infections naturally.

"Healing Lyme examines the leading, scientific research on Lyme infection and its tests and treatments, and outlines the most potent natural medicines that offer help, either alone or in combination with antibiotics, for preventing and healing the disease"--

A guide to the natural treatment of two of the most common and damaging coinfections of Lyme disease--Bartonella and Mycoplasma • Reveals how these conditions often go undiagnosed, complicate Lyme treatment, and cause a host of symptoms--from arthritis to severe brain dysfunction • Outlines natural treatments for both infections, with herbs and supplements for specific symptoms and to combat overreactions of the immune system • Reviews the latest scientific research on Bartonella and Mycoplasma coinfections and how treatment with antibiotics is often ineffective Each year Harvard researchers estimate there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Two of the most common and damaging Lyme coinfections are Bartonella and Mycoplasma. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on Bartonella, Mycoplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme disease treatments.

Boost Your Immune System with Nature's Bounty! Herbal antibiotics have been used throughout the centuries as natural treatments for hundreds of diseases and ailments, including wisdom teeth extraction, broken bones and even surgery--and like 98% of Americans, you've probably taken a course of synthetic antibiotics to help you recover. While there's nothing wrong with synthetic antibiotics, BIG Pharma's running scared of the natural alternative to their expensive drugs (and profits) --while you can utilize natural remedies that leave less impact on the environment and your internal body chemistry. Herbal Antibiotics is the most in-depth introduction to natural healing and herbal medicine available today, giving you the explanations on why certain herbs work as herbal antivirals and herbal antibiotics and how you can use them to fight your next infection--or simply boost your immunity to nasties in your area! Organic antibiotics aren't hokum, they are a legitimate way to treat some of the most prevalent infections and sicknesses that we get today. What's covered in Herbal Antibiotics? Here's a brief overview: * Learn to pick, prepare and use the Top 45 Most Valuable Herbs that you can easily find growing in your area, or even in your local grocery store or health food shop with our in-depth profiles, featuring illustrations. * Discover how to fight bad bacteria with herbal treatments--and how they compare to traditional treatments available from your pharmacist. * Find out what are the 5 Key Essential Oils with Natural Antibiotic properties. * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * Get the low-down on natural antibiotics with a FAQ that addresses the 14 most common questions people ask about natural remedies. * Discover little known Herbal remedy recipes and solutions for the most common ailments (from pain to the common cold), as an added BONUS! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can treat your common ailments and boost your immune system today with herbal remedies that provide your body with much-needed natural antibiotic and antiviral medicine! Would You Like To Know More? Add Herbal Antibiotics to your shopping cart now to download and start learning how traditional natural healing methods can not only boost your

immune system but help you to live a more natural, happy life. Scroll to the top of the page and select the buy button. Don't forget to claim a FREE Kindle version with your purchase of Paperback copy! Check Out What Others Are Saying... "I've already gotten a lot out of this book and am happy to have the information in my healing repertoire. I would recommend this book for anyone. I believe it's really important to go natural whenever possible. Especially now that I have seen first hand what synthetic medications can do to harm a body." - Jamie, Health advisor in Chicago, LA, Miami, Vegas. "It has been a life changer for me. I never really knew that these natural remedies were out there and this book really takes you step by step and educates you on each of the herbs you can use and how they can treat any ailment you could come across." - Emily Vogt.

A manual for opening the doors of perception and directly engaging the intelligence of the Natural World • Provides exercises to directly perceive and interact with the complex, living, self-organizing being that is Gaia • Reveals that every life form on Earth is highly intelligent and communicative • Examines the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and the human species In Plant Intelligence and the Imaginal Realm, Stephen Harrod Buhner reveals that all life forms on Earth possess intelligence, language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings, become again wild scientists, nondomesticated explorers of a Gaian world just as Goethe, Barbara McClintock, James Lovelock, and others have done. For as Einstein commented, "We cannot solve the problems facing us by using the same kind of thinking that created them." Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and, most importantly, the human species itself. He shows that human beings are not a plague on the planet, they have a specific ecological function as important to Gaia as that of plants and bacteria. Buhner shows that the capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in so doing begin to address the difficulties of our times.

"In this comprehensive guide, the author profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and strengthen immunity, safely and naturally. The updated 2nd edition also includes an expanded guide to COVID-19"--

An easy-to-understand, up-to-date guide on the highly publicized drug, DMSO DMSO—dimethyl sulfoxide—is a simple by-product of wood and has been called a “miracle” drug, capable of relieving pain, diminishing swelling, reducing inflammation, encouraging healing, and restoring normal function. In this groundbreaking work, award-winning health science writer Dr. Morton Walker examines the powerful and compelling case for the use of DMSO in the treatment of many debilitating disease and health-related problems. In DMSO: Nature’s Healer, Dr. Walker cites documented cases of its astounding use in healing and prevention of a host of health disorders, including arthritis, stroke, cancer, mental retardation, and sports and auto injuries. He also recounts the dramatic story of the long struggle to gain FDA approval of DMSO.

The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

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.

What Your Doctor Won't Tell You-Why Herbal Antivirals Really Work! Have you ever suffered from a viral infection? If you have, it's certainly an experience you won't forget. Whether in your own country or disastrously struck down mid-vacation, you likely wished that you'd taken an anti-viral shot, or at least a course of medication. Your thinking is correct-but synthetic medicine isn't your only defence! The truth is that there are natural remedies on the market-and in your back yard-that you can use today to fight the same bugs just as effectively without all the aching symptoms of traditional western medicine. Herbal Antivirals shows you how to properly prepare, dose and take these natural medicines yourself-and you can even grow them in your garden! Not only you can save hundreds, even thousands of dollars, you're also lessening your impact on the environment while treating yourself with natural ingredients that you have sourced yourself. In this book, you'll discover that creating your very own herbal antivirals isn't complicated. You can easily teach yourself to treat viral infections with natural medicines that give your body what it NEEDS, without the excess chemicals. With the 45 most valuable herbs comprehensively indexed for creating potent natural antibiotics and herbal antivirals, this is a book that helps you become your own doctor. Fully illustrated with pictures, as well as details on common use, preparation method and dosage, knowledge is finally at your fingertips. Remedies for the most common ailments and recipes are included as a BONUS, as well as a FAQ to answer your herbal antiviral questions. What will Herbal Antivirals teach you? Content includes: * Common treatments for viral infections * Discover how do herbal antivirals work as well as synthetic medicine? * Where to find the herbs you need! * Best herbal treatments for common ailments (from warts to chronic hepatitis B) * When, how, and why to use natural remedies * 5 Key Essential Oils with Natural Antiviral Properties * Consult a "cheat sheet" for fighting infections naturally with the right herbal medicine. * What are the most effective plant-based herbal antivirals? * What herbal antivirals are considered safe when pregnant or breast feeding? * And much more! BIG Pharma hates books like these coming out because it dents their profits while educating you about the potential dangers of synthetic medicine. The truth is simple: You can prepare and use herbal remedies to address your health issues and boost your immunity the natural way! Would You Like To Know More? Add Herbal Antivirals to your shopping cart now to download straight away and discover Mother Nature's biggest gift and how you can start to use it with yourself, family and loved ones. Scroll to the top of the page and select the buy button.

A practical, authoritative reference guide to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Expert authors and mother-daughter team Elaine and Nicolette Perry have mastered an ever-growing body of scientific research (some of which they themselves pioneered) on how medicinal plants can help you sleep soundly, reduce stress, improve your memory, and simply feel better—in body and mind. Organized to easily steer you toward the best remedies for your individual needs, Your Brain on Plants presents: Calming

Balms Cognition Boosters Blues Busters Sleep Promoters Pain Relievers Extra Energizers Mind-Altering Plants Plant Panaceas Within each of these chapters are detailed entries for the medicinal plants and herbs suited to the task, including what scientists know about them, their active ingredients, and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Plus, foods naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower meadow), and walking (in woodland). Praise for *Your Brain on Plants* “Two qualified nutritional specialists have assembled a clear, concise reference of well-known plants believed to benefit the brain . . . Fascinating facts and bits of folklore, controversies, and important herb-drug interactions add to this timely and intriguing text.” —Choice “This unique volume focusing on plants for mental health will be of interest to anyone considering herbal medicines.” —Booklist

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature’s healing herbs.

The first book to demonstrate how plants originally considered harmful to the environment actually restore Earth’s ecosystems and possess powerful healing properties • Explains how invasive plants enhance biodiversity, purify ecosystems, and revitalize the land • Provides a detailed look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in traditional healing. In opposition to the loud chorus of those clamoring for the eradication of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these opportunistic plants are restoring health to Earth’s ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. *Invasive Plant Medicine* demonstrates how these “invasives” restore natural balance and biodiversity to the environment and examines the powerful healing properties offered by 25 of the most common invasive plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage; contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence allows them to flourish wherever they grow.

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

The first comprehensive work on nonfiction as an art form • Shows how nonfiction, especially how-to and self-help, can take on the same power and luminosity as great fiction • Develops processes to reliably induce the dreaming state from which all writing comes • Teaches the skill of analogical thinking that is the core perceptual tool for writers • Explores the subtle techniques of powerful writing, from inducing associational dreaming in the reader, to language symmetry, sound patterning, foreshadowing, feeling flow, and more Approaching writing as a sacred art, Stephen Buhner explores the core of the craft: the communication of deep meaning that feeds not just the mind but also the soul of the reader. Tapping into the powerful archetypes within language, he shows how to enrich your writing by following “golden threads” of inspiration while understanding the crucial invisibles essential to the art of both fiction and nonfiction: how to craft language with feeling and vision, employ altered states of mind to access the writing trance, clear your work by recognizing the powerful sway of clichéd thinking and hidden baggage, and intentionally generate duende--that physical/emotional response to art that gives you chills, opens up unrecognized aspects of reality, or simply resonates in your soul. Covering some very practical aspects of writing such as layering and word symmetry, the author also explores the inner world of publishing--what you really will encounter when you become a writer. He then shows how to develop a powerful and engaging book proposal based on understanding the proposal as a work of fiction--the map is never the territory, nor is the proposal the book that it will become. This book, written using all the techniques discussed within it, offers a powerful, experiential journey into the heart of writing. It does for nonfiction what John Gardner’s books on writing did for fiction. It is one of the most significant works on writing published in our time.

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