WHY BOTANICAL MEDICINES OFFER PROMISE

The research resulting from the resolution adopted by WHO and that engaged in by forward-thinking companies and scientists in Europe and Asia have revealed that instead of being a quaint quackery of our forefathers, many herbs possess strong antibacterial qualities, in many instances being equal to or even surpassing the power of antibiotics. Given the nature of bacteria, it is not unreasonable to assume that new antibiotics would only postpone the problem; bacteria would, in time, become resistant to them. Thus, there is a great deal of promise in addressing this problem through the use of plant medicines instead of antibiotics because plants have a much more complex chemistry than antibiotics. Garlic, for instance, has been found to contain at least 33 sulfur compounds, 17 amino acids, and a dozen other compounds. Pharmaceuticals, in contrast, are usually made from one chemical constituent only. Penicillin is penicillin, tetracycline is tetracycline. Pharmaceutical antibiotics are, in fact, simple substances, not complex, and because of this bacteria can more easily figure out how to counteract their effects. But herbs like garlic are very complex. For instance, yarrow, another healing herb, contains over 120 different compounds that have been identified so far. When a person takes yarrow as herbal medicine they are in actuality taking 120 different medicines into their body and all of these medicines exist in powerful evolutionary balance with each other. They potentiate, enhance, and mitigate each other's effects inside the human body. Faced with this complex chemical makeup, invading

How Complex Is Garlic Compared to Penicillin?

Known active constituents of garlic (there are at least 35 other constituents whose actions are unknown): ajoene, allicin, aliin, allixin, allyl mercaptan, allyl methyl thiosulfinate, allyl methyl trisulfide, allyl propyl disulfide, diallyl disulfide, diallyl hepta sulfide, diallyl hexa sulfide, diallyl penta sulfide, diallyl sulfide, diallyl tetra sulfide, diallyl tri sulfide, dimethyl disulfide, dimethyl trisulfide, dirpopyl disulfide, methyl ajoene, methyl allyl thiosulfinate, propyline sulfide, 2-vinyl-4H-1, 3-tithiin, 3-vinyl-4H-1, 2dithiin, S-allyl cysteine sulfoxide, S-allyl mercapto, cysteine.

Known active constituents of penicillin: penicillin.