bacteria find it much more difficult to develop resistance or avoid the medicine's impact. Perhaps inevitably, scientists are beginning to unconsciously mimic plant medicines. They are finding that combining pharmaceutical antibiotics works better; they are using two and sometimes three antibiotics at once. This is still a long way from the complexity of plant medicines, and this simple mimicry of plant medicines is still not enough; the bacteria notice and develop resistance to the combinations.

TOP 15 ANTIBIOTIC HERBS

The following list is by no means inclusive of all the herbs that are effective for antibacterial-resistant diseases; there are many others. These, however, are arguably among the most powerful and effective. I arrived at this list by using three overlapping criteria: length and type of use in folk medicine, beneficial outcomes in modern clinical practice, and results from modern scientific studies: *in vitro, in vivo,* and in human trials. Thus, these herbs have been found to be powerful healers throughout history, they are noted as reliable healing agents among modern practitioners, and rigorous scientific study has found them to possess potent activity against bacteria. (Information on how to make herbal preparations from these herbs can be found in chapter 4, Making and Using Herbal Medicines. For instance, the tincture formula for echinacea says "Make a 1:5 mixture in 60 proof alcohol." How this and all the other processes are done is explained there.)

For ease of flow in the text, the scientific studies and references for this chapter can be found at the back of the book (see pages 110–126).

The Top 15 Antibiotic Herbs

Acacia
Aloe
Cryptolepsis
Echinacea
Eucalyptus
Garlic
Ginger
Goldenseal
Grapefruit Seed Extract
Honey
Juniper
Licorice
Sage
Usnea
Wormwood