

HERBAL TREATMENTS FOR 12 COMMON ANTIBIOTIC-RESISTANT MICROBES

MICROBE/ DISEASES CAUSED	EFFECTIVE HERBAL TREATMENTS
<p><i>Staphylococcus aureus</i> Pneumonia, Surgical infections, Bacteremia</p>	<p>For pneumonia: usnea, garlic, goldenseal, cryptolepis, eucalyptus, boneset, wormwood, <i>Terminalia</i> spp., juniper, <i>Withania</i> spp., <i>Populus</i> spp., grapefruit seed extract, essential oils of thyme or oregano</p> <p>For surgical/skin infections: usnea, garlic, cryptolepis, eucalyptus, wormwood, sage, honey, St. John's wort (<i>Hypericum perforatum</i>), <i>Withania</i> spp., juniper, <i>Cassia</i> spp., <i>Terminalia</i> spp., grapefruit seed extract</p> <p>For bacteremia: echinacea, massive doses; garlic, massive doses; usnea, massive doses; boneset, massive doses</p>
<p><i>Streptococcus pneumoniae</i> Meningitis, Pneumonia</p>	<p>Garlic, usnea, echinacea (for strep throat), eucalyptus, ginger, sage, rosemary (<i>Rosmarinus officinalis</i>), boneset, grapefruit seed extract, lavender (<i>Lavandula officinalis</i>)</p>
<p><i>Klebsiella pneumoniae</i> Pneumonia, Urinary tract and surgical wound infections, Bacteremia</p>	<p>For urinary tract infections: eucalyptus, juniper, uva ursi, goldenseal</p> <p>For pneumonia: ginger, goldenseal, grapefruit seed extract, sage, wormwood, boneset, essential oils of thyme or oregano, pleurisy root (<i>Asclepias tuberosa</i>)</p> <p>For surgical wound infections: eucalyptus, ginger, goldenseal, sage, wormwood</p> <p>For bacteremia: echinacea, massive doses; garlic, massive doses</p>
<p><i>Escherichia coli</i> Virulent strains of food poisoning, Severe bloody diarrhea</p>	<p>Goldenseal, garlic, eucalyptus, cryptolepis, juniper, acacia, sage, ginger, grapefruit seed extract</p>
<p><i>Salmonella</i> spp. Food poisoning, Severe diarrhea</p>	<p>Garlic, eucalyptus, wormwood, juniper, goldenseal, sage, ginger, acacia, grapefruit seed extract, <i>Terminalia</i> spp., <i>Punica</i> spp.</p>