

**HERBAL TREATMENTS FOR 12 COMMON  
ANTIBIOTIC-RESISTANT MICROBES**

MICROBE/ DISEASES CAUSED	EFFECTIVE HERBAL TREATMENTS
<i>Enterococcus</i> Surgical infections, Blood poisoning	<b>For surgical wounds:</b> external applications of usnea, echinacea, garlic, grapefruit seed extract, eucalyptus, honey, witch hazel ( <i>Hamamelis virginiana</i> ) <b>For blood poisoning:</b> echinacea (massive doses); garlic (massive doses); usnea (massive doses)
<i>Haemophilus influenzae</i> Meningitis, Ear infections, Pneumonia, Sinusitis	Coltsfoot ( <i>Tussilago farfara</i> is specific for this bacterium), garlic, goldenseal, sage, oak bark, boneset, grapefruit seed extract (and for pneumonia, essential oils of thyme or oregano)
<i>Mycobacterium tuberculosis</i> Tuberculosis	Garlic, usnea, grapefruit seed extract, boneset, goldenseal, red clover ( <i>Trifolium pratense</i> ), shizandra ( <i>Schisandra chinensis</i> ), elecampane ( <i>Inula helenium</i> )
<i>Neisseria gonorrhoeae</i> Gonorrhea	Garlic, acacia, large spotted spurge ( <i>Euphorbia hypericifolia</i> ), <i>Cassia abbreviata</i>
<i>Plasmodium falciparum</i> Malaria	Cryptolepis, artemisia, <i>Uvaria</i> spp., <i>Brucea javanica</i> , garlic vine ( <i>Mansoa standleyi</i> )
<i>Pseudomonas aeruginosa</i> Pneumonia, Urinary tract infections, Bacteremia	<b>For pneumonia:</b> aloe, eucalyptus, juniper, garlic, <i>Cassia</i> spp., grapefruit seed extract, essential oils of thyme or oregano. Large spotted spurge ( <i>Euphorbia hypericifolia</i> ), spotted spurge ( <i>E. maculata</i> ), <i>Euphorbia lathyris</i> . <b>For urinary tract infections:</b> juniper, uva ursi ( <i>Arctostaphylos uva-ursi</i> ), eucalyptus, goldenseal, cranberry. <i>Cassia Fistula</i> and five other <i>Cassia</i> species have been found effective in vitro against <i>Pseudomonas aeruginosa</i> . <i>C. Fistula</i> is excreted in the urine and thus should be good for UTI. <b>For bacteremia:</b> echinacea, massive doses; garlic, massive doses; boneset, massive doses
<i>Shigella dysenteriae</i> Severe diarrhea	Goldenseal, garlic, grapefruit seed extract, <i>Terminalia</i> spp., cryptolepis, sage, oak