



Herbal Antibiotics, 2nd Edition: Natural Alternatives for Treating Drug-resistant Bacteria

Stephen Harrod Buhner

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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. This comprehensive guide offers sound information on herbal alternatives to standard antibiotics, making it an indispensable addition to every family's medicine cabinet.

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