

## Herbal Antibiotics and Immune Boosters:

### Ginger

Botanical Name: *Zingiber officinale*

Description: large-leaved perennial tropical. Grown in northern climates in greenhouses. Can survive as houseplant.

Habitat: Native to Asia but now cultivated around the world.

Parts Used: Root for medicine and food

Actions: *antibacterial*, antiviral, circulatory stimulant, anti-inflammatory, diaphoretic,

antispasmodic, antiemetic, antifungal, hypotensive, antichlothing, carminative, antiarthritic, analgesic,

antitussive.

Active Against: Malaria, *Shigella dysenteriae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida*

*albicans*, *Escherichia coli*, *Klebsiella pneumoniae*, *Streptococcus spp.*, *Salmonella spp.*

Preparations: tea, capsules, tincture, in food

### Honey (concentrated nectar of wildflowers)

Description: nectar of flowers gathered by bees and concentrated within hive. Varies seasonally and

annually based on what plants are flowering. Honeys are commonly from several highly medicinal plants.

Contains enzymes, organic acids, proteins, minerals, carbohydrates, hormones, and antimicrobial

compounds.

Habitat: Global

Parts Used: honey, pollen, propolis

Actions: *Antibiotic*, antiviral, anti-inflammatory, anticarcinogenic, expectorant, antiallergenic, laxative,

antianemic, tonic, antifungal, *immune stimulant*, cell regenerator

Active Against: *Staphylococcus aureus*, *Streptococcus spp*, *enterococcus*, *Helicobacter pylori*

Preparations: direct application to wounds, burns, bed sores and ulcers: full strength and cover. Internally, 1

TBSP 3x daily for maintenance. 1 TBSP /hr for acute illness. Add to teas.

### Garlic

Botanical Name: *Allium sativum*

Description: Common culinary herb with potent medicinal value. Grows as bulb with green shoots. Lily

Family.

Habitat: Native to Asia but now cultivated around the world.

Parts Used: Bulb and cloves for medicine and food

## Echinacea (AKA Coneflower)

Preparations: tincture, tea, vinegar, syrup, food sparingly

Actions: *antibacterial*, antiviral, antiseptic, nerve, *immune-stimulating*, anti-inflammatory

Parts Used: Leaves as medicine

Habitat: Native to North America; naturalized widely.

Description: Aromatic mint, cultivated in gardens and a wild "weed." It's small ranges between citrus and minty; bees, butterflies, and hummingbirds are fond of the flowers. Perennial; grows to about 4'. Matthew Wood says that it is one of the 'primary healing plants native to North America' and it has been used by many different Native American tribes, including the Blackfoot, Ojibwa, Winnebago, Hopi and Cherokee.

Botanical Name: *Monarda fistulosa*, *Monarda didyma*

## Monarda (AKA Bee Balm, Oswego Tea, Wild Oregano, Wild Thyme)

Caution: Can decrease lactation in nursing others. Not for large quantity in pregnancy.

Preparations: Tea, tincture, inhalant, powder, essential oil, in food

Active Against: *Klebsiella pneumoniae*, *Haemophilus influenzae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *E. coli*, *Streptococcus pneumoniae*, *Salmonella*

Actions: *antibacterial*, antiseptic, astringent, tonic, expectorant, diaphoretic

Parts Used: Leaves (before plant flowers) for medicine and food

Habitat: Native to Southern Europe but naturalized throughout the world.

Description: Common garden herb. Not as strong as other antibacterial herbs, yet grown for thousands of years for bacterial infections. Lab studies verify their long-standing antibacterial activity. Useful due to taste and ease of using within food.

Botanical Name: *Salvia officinalis*

## Sage (Thyme/Oregano)

Caution: May cause nausea and vomiting, especially raw. Do not put on skin directly; will cause burns.

Preparations: fresh (as juice or cloves), capsules, tincture, in food. Take small amount daily for maintenance; increase during acute illness.

Active Against: *Tuberculosis*, *Shigella dysenteriae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *Escherichia coli*, *Campylobacter* spp, *Streptococcus* spp, *Salmonella* spp, *Proteus mirabilis*, herpes simplex, influenza B, HIV, and more. Gram-positive and gram-negative bacteria.

Actions: *antibacterial*, antiviral, antiseptic, antiparasitic, antiprotozoan, antifungal, antihelminthic, *immune-stimulating*, diaphoretic, antispasmodic, hypotensive, choleragogue, antidiarrhoeal

Botanical Name: *Echinacea angustifolia*, *E. purpurea*

Description: A sacred herb to many American Indian cultures for centuries. It was included in the US pharmacopoeia in the early 20th century and was an important remedy used by Eclectics and homeopaths as well as 'root doctors' of rural America. By the '920's it was the most widely used botanical agent in America. Echinacea stimulates the immune system by activating macrophages and elevating white blood cell levels in the body and can help inhibit the ability for viruses to enter and take over the cell.

Habitat: Native to North America

Parts Used: Flower or root

Actions: *antibacterial*, *antiseptic*, *antifungal*, *immune-stimulating*

Active Against: *Staphylococcus aureus*, *Candida albicans*, *Streptococcus spp.*, *mycobacterium* (tuberculosis), abnormal cells.

Preparations: tincture, tea, powder, poultice, suppository. Use IMMEDIATELY upon symptom development for best results!

Caution: Use over long periods of time may deplete the immune system by overstimulation. Choose healthier lifestyle options to avoid need for immune system support long-term.

## Eucalyptus

Botanical Name: *Eucalyptus spp.*

Description: Has a long history of use within indigenous peoples and medical practitioners. Test results demonstrate it is one of the plant agents with the broadest spectrum against antibiotic-resistant disease.

Habitat: Native to Australia but now around the world, especially invasive in California.

Parts Used: Leaves and essential oil

Actions: *antibacterial*, *antimalarial*, *antipyretic*, *antiseptic*, *antifungal*, stimulates mucous, diaphoretic,

Active Against: Malaria, *Shigella dysenteriae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *Escherichia coli*, *Haemophilus influenzae*, *enterobacteria*, *Salmonella spp.*, *Helicobacter pylori*. The essential oil is effective against most microbes.

Preparations: Leaf as tea, powder, tincture, gargle, nasal spray, steam inhalant, smoke. Essential oil is inhaled, use only on skin if diluted with carrier oil

Caution: Do not put on skin directly; will cause burns.

## Cryptolepis

Botanical Name: *Cryptolepis sanguinolenta*

Description: Used by African healers for centuries to successfully treat malaria, fevers, and dangerous diarrhea. With increasing resistance of malarial parasite to synthetic drugs, cryptolepis has been extremely

potent against malaria. Recently being explored as having more effectiveness than doxycycline and other common antibiotics for Lyme exposure.

Habitat: Native to African continent

Parts Used: root

Actions: *antibacterial*, antiparasitic, antimalarial, antifungal

Active Against: Malaria, *Shigella dysenteriae*, *Staphylococcus aureus*, *Neisseria gonorrhoea*, *Candida albicans*, *Escherichia coli*, *Campylobacter spp* and more. Gram-positive and gram-negative bacteria.

Preparations: powdered in capsules, tincture, or tea.

## **Wormwood**

Botanical Name: *Artemisia absinthium*

Description: Yes, this was used in the infamous liquor called absinthe. It was banned when overuse caused poisoning due to high levels of thujone. It is still used to flavor vermouth. In gardens, the gray-green shrubby herb provides contrast to other more colorful plants.

Habitat: Native to eastern and central North America

Parts Used: entire plant

Actions: Herb: *antibacterial*, antimalarial, anti-inflammatory, antifungal, antihelminthic, immunomodulating, diaphoretic, smooth muscle relaxant, gastric stimulant, antihepatotoxic, euphoriant, antiamoebic, antipyretic, choleric, bitter tonic, cholagogue. Root: *antibacterial*, *immunostimulant*, diaphoretic, antipyretic.

Active Against: Malaria, *Nagleria floweri*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *Klebsiella pneumoniae*, intestinal worms, any internal amebic organisms. The essential oil is effective against most microbes.

Preparations: Herb: tea, tincture, capsules, smoke, essential oil. Root: tincture.  
Caution: Do not ingest essential oil; exceptionally toxic and causes renal failure. Avoid large doses in pregnancy; could cause contractions. Thujone, a compound in the herb, can be toxic in high amounts. Use with caution, respect, and attentiveness.

Note: Other *Artemisia* species are medicinal, but not as strong. *Artemisia vulgaris* (mugwort) is the weakest of the three and a common roadside weed. *A. annua* (sweet annie) is in the middle regarding potency of the medicine; this is a common garden herb, planted for its pleasant smell and beautiful habit.