



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

*Stephen Harrod Buhner*

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Antibiotic-resistant infections are alarmingly on the rise, and many people are looking for sound information on herbal alternatives to standard antibiotics. In this indispensable reference, 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 herbs, noting for each one its antibiotic properties, methods for collection and preparation, dosages, potential side effects, contraindications, and alternatives. As we prepare for the end of antibiotics, this comprehensive guide is a must-have in every family's medicine cabinet.

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