

herbal antibiotic alternatives



4 herbs - 7 common conditions

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Before completing their naturopathic and Chinese medicine training at Bastyr University, they both completed pre-doctoral fellowships and published research with the department of Clinical Neuroendocrinology at the National Institutes of Mental Health, at the National Institutes of Health in Bethesda, Maryland.

Dr. Bongiorno is a major contributor to the 3rd edition of the Textbook of Natural Medicine, and has authored the textbook Healing Depression: Natural and Conventional Therapies for which Dr. LoGiudice contributed the chapters on pregnancy, breast feeding and children. The doctors completed the original chapter Pregnancy and Primary Prevention for the upcoming 4th edition of the Textbook of Natural Medicine.

Dr. Bongiorno focuses on adult chronic disease and Dr. LoGiudice cares for patients with fertility, pregnancy, and pediatric concerns.

Dr. LoGiudice appeared as an expert on the [Dr. Oz Show](#), where she explained the benefits of working with the herbal antibiotics discussed in this book.

The accomplishment they are most thankful for is their daughter Sophia, now 3 years old.



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resistant to multiple antibiotics including vancomycin, the current drug of choice for MRSA treatment.

During the writing of this book, there is a current outbreak of a particularly virulent strain of E.coli infection in Europe. Dr. Phillip Tarr, a professor of pediatrics at Washington University who was commenting about the situation, explains the use of antibiotics in this way:

“If you give antibiotics and the strain is resistant, then you give that bacteria a competitive advantage to the other bugs in your gut that are susceptible to the drugs, and so it's an even better environment for the infection.”⁶

Overuse in Animals

To make things worse, not only are humans being given these drugs directly from prescribing physicians, we are also being fed antibiotics via the animals we eat. Way back in 1977, the FDA concluded that adding the low-dose antibiotics commonly used in human medicine to animal feed raised the risk of antibiotic-resistant bacteria. And yet, no one making decisions in this massive joint business venture between the behemoth pharmaceutical companies and agri-business have done anything about it. Even more, it is clear our government and the FDA will not stand up to Big Pharma and Agri-business and stop the practice of routinely adding low-dose antibiotics to animal feed.

By the way, the antibiotics are used more as a growth stimulator, than even for their antibiotic properties. It was found in the 1950's that antibiotics can affect a part of our cell machinery called **ribosomes**.

Antibiotic Side Effects and Correlations with Disease

Besides the issue of resistance, which puts us closer and closer to the peril of not being able to fight simple infection, antibiotics are also causing other side effects in humans.

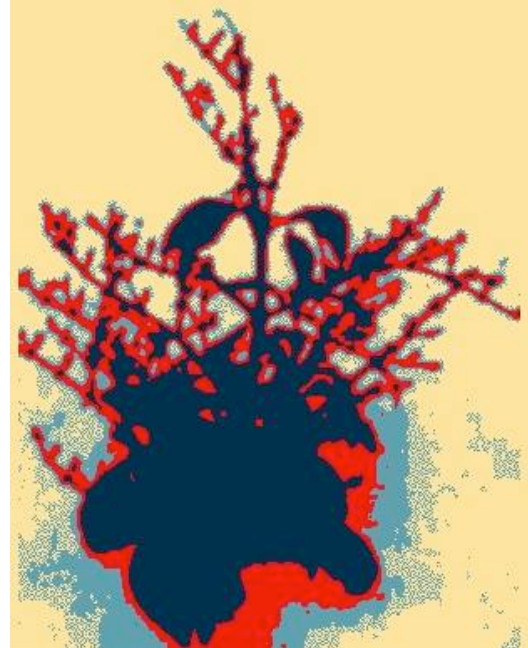
Antibiotics and Breast Cancer

Breast cancer is the leading cause of cancer death in women throughout the industrialized world and in many developing countries with over 600,000 deaths worldwide every year, and about forty-six thousand in the US. In 2004, the Journal of Medical Association published a paper that compared the antibiotic use of 2,266 women with breast cancer to similar information from 7,953 women without breast cancer. They found that more than 70 percent of women in the study had used between one and 25 prescriptions for antibiotics in the past 17 years. Only 18 percent of women in the study had not filled any antibiotic prescriptions during their enrollment in the health plan. About 2 percent to 3 percent of the women in the study had used more than 50 prescriptions over an average time period of 17 years. The authors learned that women who took antibiotics for more than 500 days, or had more than 25 prescriptions over an average period of 17 years had more than twice the risk of breast cancer as women who had not taken any antibiotics. The risk was smaller for women who took antibiotics for fewer days. However, even women who had between one and 25 prescriptions over an average period of 17 years had an increased risk. Even at the lesser prescription level, they were about 1.5 times more likely to be diagnosed with breast cancer than women who didn't take any antibiotics. The authors found an increased risk in all classes of antibiotics that they studied.

Andrographis

About Andrographis:

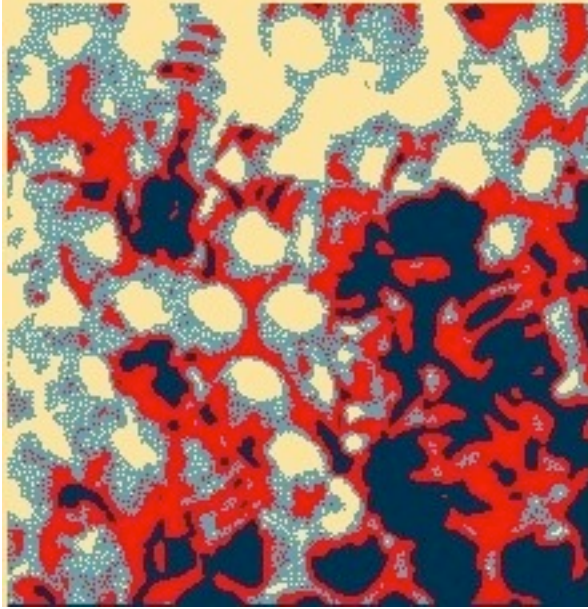
Andrographis paniculata is a plant that has been used in traditional Asian medicines for centuries. It grows in India, and many other Asian countries and is used as a traditional herbal medicine in China, Hong Kong, the Philippines, Malaysia, Indonesia, and Thailand. Commonly known in India as Chiretta, “King of Bitter”, Andrographis has been used for many years to treat a variety of diseases including bacterial and viral infections. It has traditionally been considered an herb notable for its “blood purification” abilities. As such it was recommended for use in cases of leprosy, gonorrhea, scabies, boils, skin eruptions, and chronic and seasonal fevers.²³



How Andrographis Works:

My (PB) Sicilian grandfather used to say “in unione fa la forza” which translates to “in unity, there is strength.” Bacteria are smart little fellows that understand this notion, and use it to keep themselves strong. They accomplish their unity by regulating themselves via a cell-to-cell signaling mechanism known as quorum sensing (QS). Bacteria that use QS produce and secrete certain signaling compounds called autoinducers, which help the individual bacterium signal each other to coordinate their activities. With this fascinating system, bacteria can attach to surfaces

Manuka Honey



About Manuka Honey

The wonderful and fascinating manufacturing of honey begins when the bees use their mouths to collect nectar from their chosen plant. This special flower nectar mixes with enzymes from bee saliva – a mixing which catalyzes the chemical process responsible

for honey.

Honey has a long tradition of use within various medical systems. In general, honey has been used topically as an antiseptic agent for the treatment of ulcers, burns and wounds for centuries. Manuka honey, which originates from the manuka tree (*Leptospermum scoparium*, also known as tea tree), is sold as a therapeutic agent world-wide. It is especially well-known for its use in wound care.

Manuka is a small tree that originates in New Zealand and southeast Australia. Interestingly, 'Manuka' is the name used in New Zealand, while 'tea tree' is a common name in Australia and to a lesser extent also in New Zealand. Anecdotally, it is thought that the 'tea tree' name came about because the famous Captain James Cook of the British navy used it to make tea.

Sinusitis

Diagnosis of Sinusitis

Upper respiratory tract infection (URTI) is recognized as leading cause for absence from school and work. As per the estimates of the Centers for Disease Control and Prevention, 22 million school days are lost annually in the United States due to the common cold.⁷⁶ The general symptoms of URTI include cough, expectoration, nasal discharge, headache, fever, sore throat, earache, malaise/fatigue and sleep disturbance.⁷⁷

Generally, these colds are caused by viruses, which are not susceptible to antibiotic treatment of any kind: herbal or pharmaceutical. However, with the cascade of immune response comes inflammation, which will result in pockets of bacterial that can gain ground and grow in the warm, moist, dark and nutrient-rich environment it can provide.

No specific antiviral therapy or vaccination against the common cold is available at present. The existing symptomatic treatment with antibiotics, nasal decongestants, cough suppressants, anti histamines and analgesics is found to be of limited value as the agents mainly focus on relieving the symptoms rather than treat the condition. Many studies suggest that colds and upper respiratory infections can take longer to heal when these 'anti' drugs are used.

Safety First!

experience, cow's milk and other dairy products are a *major player* in sinusitis.

2 – Environmental Air Quality

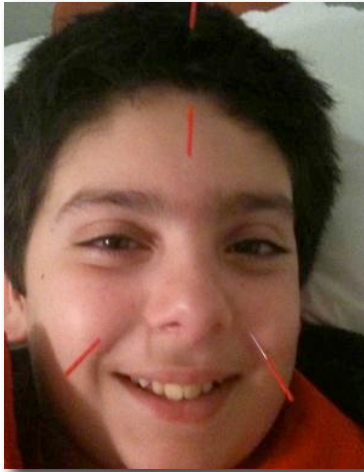
Check for **environmental issues**. In addition to allergens, chemicals in the environment can be a problem for patients with chronic sinusitis. For example, some of the main complaints of sick building syndrome, such as lethargy, headache, and blocked or runny nose, are signs of chronic sinusitis.⁷⁹ Modern indoor living is often a causative factor which can influence sinusitis. Using high quality particulate air (HEPA) filters can be of benefit when the offending particulates are dust, pollen and particles of larger size. Oftentimes, we recommend filters that also filter out volatile compounds as well. These filters are more costly but may be necessary in the case of unresolved chronic issues. Please visit www.InnerSourceHealth.com natural store to check out the filters we highly recommend and use in our own home.

3 – Nasal Rinses or Neti-Pot

Hailing from thousands-year old Hindu Ayurvedic practice, nasal irrigation is an age-old treatment method to help flush out mucus and bacteria from the upper respiratory area. More modern study also supports the use in both children and adults and alone has been shown to be at least as effective as antibiotics in children.⁸⁰



6 – Acupuncture



Acupuncture is an invaluable tool for fast relief of sinusitis. In our experience, acupuncture alone will not fix the issue long-term, but to help relieve symptoms and clear things faster. Two separate studies with 65 patients each did not find any benefit using acupuncture or conventional medicines.^{83,84} It is possible that acupuncture alone may not improve the situation but combined with the above

suggestions, it can help substantial. In our clinic we find about an 80% success rate in terms of significant symptom decrease after acupuncture. Some patients may need more than one treatment, but even one treatment can be of benefit in many cases. Acupuncture is quite safe, and even used in children. Pictured above is an 10 year-old boy in our clinic with acupuncture needles typically used for sinusitis.

7 – Humming

There is one very interesting case study of a chronic sinus patient who also happened to have arrhythmia as well. For this report, the patient hummed strongly at a low pitch (approximately 130 Hz) for 1 hour at a rate of about 18 hums per minute at bedtime the first night. He then hummed 60-120 times 4 times a day for the following 4 days as treatment for severe chronic rhinosinusitis. The humming technique was described as being one that maximally increased intranasal vibrations, but less than that required to produce uncomfortable dizzy sensations.

infection moves to an area behind the ear called the mastoid process, an antibiotic may be the best choice.

Ear Infections Making Kids Fat? What?

Astute Korean researchers noticed a possible connection between cardiovascular health and kids who suffered from recurrent ear infections. To see if this was true, they looked at the Body Mass Index of 155 children (aged 2 through 7) who received ear tubes on one or both sides against a group of 118 children with no history of ear infection. What they learned is that the kids with the ear infections had significantly higher Body Mass Index (22 versus 16) and total cholesterol levels average about 195 versus 160 for the control patients. The new study finds that chronic middle-ear infections with fluid are linked to alterations in children's taste buds that change their sensitivity to certain foods. This, in turn, might cause kids to eat more of these foods and push them towards obesity, the Korean researchers speculated.⁹⁴

Natural Treatments for Ear Infections

1 - naturopathic basics of health guidelines – please review these for general healthy ideas to prevent and treat Ear Infections

Food Sensitivity Avoidance

Most useful in terms of treating ear infections is the avoidance of dairy products and sugar, which account for many childhood illnesses. Other work to test for food allergy may be useful as well. The allergic sensitivity reaction causes blockage of the Eustachian tube, which is the tube that

runs from the ear to the inside of the mouth. This sensitivity causes inflammation of the mucous membranes lining the tube and inflammatory swelling of the nose. This causes an interestingly-named 'Toynbee phenomenon' which refers to swallowing when both mouth and nose are closed, forcing air and secretions into the middle ear. The middle and inner ear are immunologically responsive and this includes responsiveness to food hypersensitivities.⁹⁵

Ever notice how kids start getting sick right after Halloween? Well, many pediatricians blame this on the flu season. In reality, it seems eating patterns on Halloween start with Halloween candy which continue to stay in the house just until the time of Thanksgiving, which is when the real heavy food begins: large meals, cakes, desserts and more candy. No wonder all the kids are sick.

2 – Breast Beats Bottle

Recurrent ear infection is strongly associated with early bottle-feeding, while breastfeeding (a minimum of 3 months) has a protective effect.⁹⁶ This could be due to immune factors in breast milk that helps the child beat infection. It could also be due the difference in suction mechanics, that change ear pressure as well. Or, it could simply be due to the fact that breast milk has no dairy. In any case, it is well known that breast fed children have significantly lower cases of ear infection.

3 – Naturopathic Ear Drops

According to a double-blind outpatient trial of 171 kids, naturopathic botanical ear drops have been shown to be as effective as either

amoxicillin and anesthetic drops⁹⁷ and offer a much less toxic approach to pain management. It was also shown that when used with the antibiotics, the ear drops helped the antibiotics work better, although the best results were with the ear drops alone.

Naturopathic ear drops are a combination of marigold, St. John's wort, and mullein in olive oil that had the essential oils of garlic, lavender, vitamin E, and was dosed at 5 drops three times a day. You can find a version of this formula in a health food store, or you can find it on our website as 'Ear drops' (http://www.innersourcehealth.com/Store.aspx?Search=ear_drop). These drops are formulated by our teacher Dr. Mary Bove. You can make a basic version of the ear oil yourself at home by using equal parts mullein oil, St. John's wort oil, and calendula succus.

4 – Garlic Oil Ear Drops



Even more simply, you can try garlic oil drops. You can buy prepared garlic oil at the health food store, or to make the garlic oil, crush a few cloves of garlic into some olive oil. Have this sit a three days at room temperature, and then strain it. Keep the oil in a container in the refrigerator and warm a bit for use as you need it. Place five warmed drops of oil into the ear canal and then place over ear a piece of cotton.

5 – Xylitol Gum

Xylitol is a commonly used sugar alcohol sweetener known mostly for its ability to prevent cavities in teeth. Two randomized trials looking at over 1000 children illustrated xylitol's ability to reduce acute otitis media