

Studio Botanica



5 EFFECTIVE ANTIBIOTIC ALTERNATIVES

By Carol Little

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Antibiotics can be a good thing. After all, they do save lives every day. We live longer because of them. We can be grateful that we have access to them.

TOO much of a good thing, however, becomes a problem.

By the time our kids are 2 years old, most have received at least one antibiotic. By the time our teenagers reach 18? They have received between 10-20 'rounds' of antibiotics. The numbers increase from there.

It has been obvious for many years that antibiotics are being over-used and often even prescribed for viral infections! Colds + Flu are viral and will clear up 'in time'. They do NOT respond to antibiotics ~ ever. In fact, the repeated use of antibiotics has been proven to weaken the body. It is, after all, a form of chemotherapy, when you think about it.

At least 50% of the antibiotics prescribed for our children are unnecessary according to the Centers for Disease Control.

If you drink 2 glasses of milk each day, unless from antibiotic-free animals, you are potentially getting a daily dose of about 50 micrograms of tetracycline.

This is a huge topic. It's obvious that we can benefit from finding alternatives, when possible to these drugs. **Save the drugs for when really needed and turn to the GREEN WORLD of herbs for power and strength!**

In my herbal practice, we use herbs with antibiotic, anti-microbial, anti-viral and anti-fungal abilities, for starters. We use powerful and nourishing herbs to strengthen and build up the body ~ all ages can benefit.

If you haven't taken a peek at my eBook, you can find the info [here](#).

"Cold + Flu Season ~ Are YOU Ready?" is packed with ideas for self-reliance and immune health, all year long!

Enjoy these ideas to follow! Resources are included on the last page!

wishes for great health, Carol

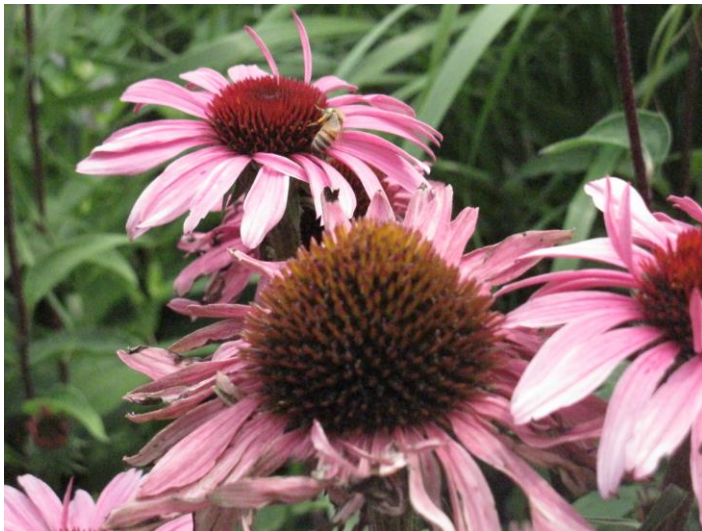
1. **Garlic boosts immunity and can fight viral and bacterial infections.**

My favourite way to use garlic for prevention is to include it in our meals every day. Add at the end of a cooked vegetable dish or [healing soup](#). Make a [syrup](#) or an [herbal paste](#). Use raw in salad dressings. Press a garlic clove and mix with a teaspoon of honey. Take it right off the spoon!

Repeat 1-2 times each day during a cold.



2. Echinacea is effective for cold prevention and stopping a repeat 'performance' I use this powerful plant at the first sign or symptom of an invader. It works well when 'cycled', which means: take it for a week at a time, then 'off' for a week unless in an 'acute' situation with symptoms present. I tend to recommend tincture of Echinacea (flower and root) alone or in formulae.



3. Elderberry research indicates it is very effective in the treatment of flu in adults and children. It is most effective when started within 2 days of the onset of symptoms. It can be taken in pills or capsules, though I prefer the delicious tasting extracts and elderberry syrups, and feature elderberry syrup in the elderberry-echinacea recipe below. A typical dose of the syrup for flu treatment is 1 TBS three times daily for adults, and 1 TSP three times daily for children. It is a lovely tasting remedy! For more info about elderberry medicine, click [here](#).



Elder flowers are powerful allies for adult and children too. They are a part of my favorite fever-taming herbal tea with yarrow & peppermint leaves. Access the recipe [here](#). It's a classic!



4. Ginger fights viral infections and also helps with aches, pains, and digestive symptoms that come along with fever, colds, and flu. It also helps break up congestion that comes with a cold and cough. I love it as a tea made with lemon and honey (which is also beneficial for coughs), but you can also use capsules and liquid extracts. Grate fresh ginger into Miso broth.

Here are some other ideas to use ginger often:

Make strong ginger tea by steeping 1 tablespoon of fresh grated ginger in 1 cup of boiling water for 8-10 minutes. Cover. Add lemon and honey to taste. Drink hot, up to 4 cups daily. Try 'kicked up ginger juice [here](#);

Safe during pregnancy up to 2 cups daily, and while breastfeeding.



5. Sage is an excellent anti-bacterial. As a powerful anti-catarrhal, it is excellent in cases of upper respiratory distress and very helpful with runny noses! It's my 'go-to' remedy for a sore throat, in the form of strong infusion of the leaves. For complete instructions, see [this post](#). For best results, take the therapeutic dose, which = 3-4 cups per day. Gargle with the warm tea.



Please check out the resources page over at
<http://www.studiobotanica.com>

The direct link → [here](#)