Herbal Antibiotics

Please wait while we give everyone a chance to log in.

Your webinar will begin in just a moment.

Best viewed in full screen mode
Welcome!

Herbal Antibiotics
Presented by:
Cat Ellis
Herbalist
Preparedness Author
www.HerbalPrepper.com
To Make the Legal Team Happy...

- © Cat Ellis 2015. All Rights Reserved
- I am not a doctor. I do not diagnose, prescribe, treat, or claim to cure any disease. If you need medical advise or treatment, please seek out a licensed physician.
- All material presented here is for informational purposes only. Use at your own risk.
- Cat Ellis cannot be held responsible for any negative outcome resulting from the use or misuse of the information presented here.
- Participation in this webinar does not imply any professional/client relationship.
Herbal Antibiotics

Topics which will be covered:

- Antibiotic Resistance
- Systemic vs. Nonsystemic (local) Herbal Antibiotics
  - Wound care
  - Respiratory Infections
  - Urinary Tract Infections
- Basic herbal skills- no prior experience necessary
- Strengthening the Immune System
For further research

• Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria, by Stephen Harrod Buhner

• Prepper's Herbal Medicine: Life-Saving Herbs, Essential Oils, and Natural Remedies for When There is No Doctor, by Cat Ellis

• Prepping for a Pandemic: Life-Saving Supplies, Skills and Plans for Surviving and Outbreak, by Cat Ellis
Basic Definitions

• Bacteria: Plural of bacterium. Single-celled microorganisms, usually spherical, rod, or spiral in shape, which can be found just about everywhere in our external and internal environments. Some are helpful, while others are harmful.

• Antibacterial: Active against bacteria- that does not mean all bacteria, but specific strains of bacteria.

• Antibiotic: An agent which is antibacterial. The word breaks down to mean “anti-life”.
The Importance of Antibiotics

- Infection control
- Antibiotics improved the survivability of
  - Deadly disease
    - Pneumonia
    - Tuberculosis
  - Severe injuries
    - Sepsis
  - Surgeries
    - Any
Antibiotic Drug Resistance

In 1945, Alexander Fleming was interviewed by The New York Times. Fleming, who discovered penicillin, warned 70 years ago that the overuse of antibiotic drugs would lead to antibiotic resistance.

In spite of dramatic headlines, like “End of the Antibiotic Era” in Time Magazine and other mainstream media, very little is done about the problem.

- There is currently no major push for drug companies to develop new generations of antibiotics.
  - R&D money spent on maintenance medications is a more financially profitable investment than pills taken only occasionally, and for short periods, as is the case with antibiotics
- 70% to 80% of antibiotics are used in agriculture, specifically in CAFOs, to help fatten up animals and make up for filthy conditions. This results in drug-resistant E.coli and Salmonella, which end up in run off, and in butchering and packaging facilities. Regulatory agencies have failed to act on this.
- While many doctors have taken action in their private practices, the overuse and misuse of antibiotics is still largely routine, especially in the cold and flu season.
- Lack of testing for the specific strain before prescribing antibiotics is partially to blame for the development of Totally Drug-Resistant Tuberculosis in India.
- CDC's 2013 Threat Report on Antibiotic Drug-Resistance
  
Antibiotic Drug Resistance (Continued)

• In addition to doctors improperly prescribing antibiotic drugs, when patients do not complete the course of antibiotics, the result is the creation of stronger, more resistant bacteria—survival of the fittest bacteria.

• Improper use of hand sanitizers and excessive use of antibacterial soaps also contribute to this survival of the fittest bacteria.

• Bacteria exchange information, and not just with bacteria of the same type.
MCR-1 Gene

A gene that spreads easily and rapidly to other bacteria, teaching the bacteria how to be resistant to Colistin, a drug of last resort. Colistin was used for treating carbapenem-resistant strains of E. coli, Klebsiela pneumoniae, Salmonella, and other gram negative bacteria.

Articles:

National Geographic article, “Apocalypse Pig: The Last Antibiotic Begins to Fail”

STAT article, “Superbug resistant to last-resort antibiotics turns up in Europe”
http://www.statnews.com/2015/12/03/superbug-antibiotics-europe/

According to the Center for Infectious Disease Research and Policy (CIDRAP) at the University of Minnesota, the MCR-1 gene has now been found in 17 different countries, as of February 2016.

US has approved chicken raised in the US to be processed in China.
How Can Herbs Help

- Contrary to popular belief, within herbalism, there have always been effective antibiotic agents.
- While herbs have always been available to people, access to skilled doctors throughout history (who all used to use herbs as medicine until about 100 years ago), however, has not been universal.
- Herbs with antibiotic actions can be used in two ways:
  - As an alternative to pharmaceutical drugs when they fail.
  - As synergists, where taking both the herb and the drug make both more effective.
  - As synergists, where taking the antibiotic herb with another herb, assists in the overall effectiveness of a formula.
- Cost of herbs you grow or wildcraft vs. pharmaceutical drugs is much lower.
- Antibiotic herbs draw less attention and are less of a target for looters.
- Herbs are not single active ingredient substances.
- Herbs are not stagnant. They are evolving along with bacteria. Drugs cannot.
- Antibiotic drugs tend to kill off bacteria in our bodies, regardless if that bacteria is helpful or harmful. Herbs do not. Considering that up to 80% of our immune system actually lives within our digestive system, perhaps we shouldn't be killing it off. Drug use needs to be more intelligent.
Basic Herbal Skills

- **Infusion**: Steep delicate plant material in hot water for a minimum of 15 minutes. Strain out the herbs, reserving the liquid. 1 teaspoon to 4 tablespoons of plant material to 1 cup of water.

- **Decoction**: Place hard plant material in cold water, bring to a boil, then reduce to a simmer for 20 minutes until the water has reduced by half. Strain out the herbs, reserving the liquid. ½ cup to 1 cup plant material to 4 cups water.

- **Syrup**: Combine 1 cup infusion or decoction with 1 to 2 cups honey.

- **Infused oil**: Chop plant material as small as possible. Steep plant material in oil without heat for up to 6 weeks in a cool, dry, dark place. Or, steep plant material in oil with low heat for a minimum of 2 hours. Do not cook the oil. The longer the steeping, the stronger the end product. Strain out the herbs, reserving the oil.

- **Salve**: Warm 1 cup of infused oil with 2 tablespoons of beeswax pastilles, or 1 ounce (by weight) of beeswax shavings, until all the beeswax has melted. Pour into containers and allow to cool.

- **Tincture**: Chop plant material as small as possible. Fill a jar with your plant material, and cover with vodka. If using fresh plant material, use 95% grain alcohol if available. Do NOT use Isopropyl alcohol. Steep for a minimum of 2 weeks and up to 6 weeks. Strain out the herbs, reserving the alcohol.

- **Glycerite**: Follow the directions for a tincture, but use glycerin instead of alcohol.

- **Acetum**: Follow the directions for a tincture, but use vinegar instead of alcohol.

- **Herbal Steams**: Place plant material in steaming water, and inhale the rising steam. CAUTION: STEAM CAN BURN! Be careful not to burn yourself. Alternatively, an herbal packet could be added to a bath.
Systemic vs. Nonsystemic Antibiotic Herbs

- **Systemic antibiotics**
  Pass through the intestine into the bloodstream, circulating throughout the body.
  - Can address bacteria, like MRSA, that has spread in the body

- **Nonsystemic Antibiotics**
  Do not pass through the intestine, but remain contained within the digestive and eliminatory systems.
  - Can address bacteria, like E. coli, which are found in the intestine and a major culprit in UTIs.
Gram Positive vs. Gram Negative Bacteria

- Determined by a gram stain test.
- Very helpful information to know when selecting antibiotic agents.
- Gram negative tends to develop drug-resistance more easily than gram positive.
- In general
  - Gram positive bacteria are susceptible to hyaluronidase inhibitors
    - Echinacea (Echinacea angustafolia)
  - Gram negative bacteria are more susceptible to herbal formulas including synergists.
    - European Licorice (Glycyrrhiza glabra)
    - American Licorice (Glycyrrhiza lepidota)
    - Black Pepper (Pipperine)- helps increase passage through the intestine, but avoid in serious intestinal infections.
    - Chinese Skullcap (Scutelaria baicalensis)- interferes with NorA efflux pumps, decreasing antibiotic resistance.
Systemic Herbal Antibiotics

- Common Wireweed (Sida acuta)
- Burr Marigold (Bidens pilosa)
- Sweet Annie (Artemesia annua) - also known for parasitic & fungal infections
- Cryptolepis & Alchornea - cannot purchase seeds or plants to grow in the US. Cannot wildcraft these.
Common Wireweed (Sida acuta)

Parts Used: Whole plant

Preparations: Tea, tincture, eye drops, wound powders,

Tincture: 1:5 60A 40W 30-60 drops 3 to 4 times daily

Tea: Up to 10 cups daily

Contains cryptolepine, a substance that interferes with DNA reproduction in bacteria.

Contains a tiny amount of ephedrine- not a good source of ephedrine.

Uses: Systemic staph infections, infected wounds, E. coli, diarrhea, Listeria, Salmonella, Mycobacterium tuberculosis, Klebsiella, Candida, Lyme, Helicobacter pylori, poison antidote for snakebites (traditional use) any infection of the blood.

Cautions: Only use in pregnancy if life-threatening not to. Toxic to goats. Do not take if taking a drug with ephedrine. Can lower blood glucose, so use caution if taking diabetic medication.
Burr Marigold (Bidens pilosa)

Parts Used: All parts, particularly the leaves.

Preparations: Tincture or fresh juice. Fresh plant material is best, dried is only 1/3 the potency, requiring a triple dose. Combining with piperine increases potency.

Tincture: 1:2 95A 60-90 drops 3 to 4 times per day.

Uses: Systemic infections involving mucus membranes, such as respiratory infections, intestinal infections, UTIs, vaginal infections, eye infections (juice), Klebsiella, E. Coli, Salmonella, Neisseria gonorrhoea, Mycobacterium tuberculosis, poison antidote for snakebites (traditional use).

Cautions: Ok for occasional medicine, but not as a food plant. Be super careful where you source bidens, as the plant is excellent for cleaning up the soil from toxins, specifically heavy metals. Do not harvest next to roads or parking lots.

- "Bidens pilosa-beijing" by Shizhao - Own work. Licensed under CC BY-SA 2.5 via Commons
Sweet Annie (Artemesia annua)

Parts Used: Aerial parts, especially the flowers.

Preparations: Tincture, juice, tea- never boil, milk infusions (fat helps extract the artemisinin)

Tincture: Fresh plant material 1:2 95A or Dried plant material 1:4 50A 50W; 1 tablespoon 2x daily

Uses: Primarily used historically as an antiparasitic against intestinal infections and long use against malaria. Active against several viruses, including Epstein-Barr and Hep A and B. Sweet Annie can be used for bacillus, Candida, Enterobacter aerogenes, E.coli, Klebsiella, and systemic staph infections. Synergist to berberine and norfloxacin when treating MRSA.

Drug resistance to synthetic artemisinin is not seen in the natural artemisinin or use of the whole plant.

Cautions: May cause nausea, but rarely severe. May cause liver inflammation in extremely high doses, which reverses when the herb is discontinued. Safety during pregnancy is not established, and the study results contradictory. Possibly may induce miscarriage in the first trimester, but that risk is not established. Do not take with omeprazol.

"Artemisia annua" by Kristian Peters -- Fabelfroh 11:39, 16 September 2007 (UTC) - photographed by Kristian Peters. Licensed under CC BY-SA 3.0 via Commons
Nonsystemic Herbal Antibiotics

- Berberine (Found in Oregon grape root, Phellodendron amurense, Coptis trifolia, barberry, goldenseal, chaparral)
- Garlic
- Juniper
- Usnea
- Thyme
- Echinacea
- Honey
How to Use Nonsystemic Antibiotic Herbs

Nonsystemic antibiotic herbs must come in contact with the infected tissue to do any good.

- Salves/lotions - downside to salves, bacteria can get trapped in the grease.
- Spray - Throat spray for strep.
- Tincture applied to abcess.
- Wound powder.
- Eye compress for pink eye.
- Wound wash.
- Herbal steams.

For more information on how to make herbal products, see my book, Prepper's Natural Medicine.
Berberine (Bitter, yellow constituent of multiple herbs)

Parts Used: Almost always, the root. When harvesting Phellodendron amurense, use the bark.

Preparations: Tincture, powder, not very water soluble.

Tincture: 1:5 70A 30W with 1 tablespoon of vinegar to make the water more acidic. 30 to 60 drops, 3 to 4 times daily.

Uses: Wound wash 1oz mixed in 1 to 2 pints of water, douche, combine with calendula for infusion for eye wash, effective against a very wide range of bacteria, all manner of dysentery, somewhat effective against cholera (more effective when combined with other herbs, like geranium root), staph and strep infections, makes an effective throat spray, dental injuries and abscesses.

"Coptis groenlandica2" by Jomegat - Own work. Licensed under CC BY-SA 3.0 via Commons
Garlic (Allium sativum)

Parts Used: clove

Preparations: Tincture, tea, paste/poultice, juice, syrup, fermented in honey, infused oil- with heat only.

Tincture: Fresh cloves, 1:2 95A

Uses: Wound wash 1oz tincture mixed with 1 pint of water, douche, ear oil/drops, throat sprays, apply paste to boils/MRSA as a poultice and wrap, changing out 4 to 6 times per day. Soak paste in water, strain, and use as nose drops for sinus infections.

Cautions: Excessive garlic may upset the stomach.
Juniper (Juniperus spp.)

Parts Used: Berries and needles, though whole plant can be used.

Preparations: Tincture- berries, tea- needles, powder- needles, steam- needles and berries

Tincture: 1:5 70A 30W 20-30 drops, 3 to 4 times per day.

Uses: Wound powder and wound wash- 1oz tincture mixed with1 pint of water, strong tea for UTIs and sterilizing brewing equipment, herbal steam for all manner of respiratory infections. Effective against a wide range of bacterial and viral infections, including staph, strep, E. coli, H. pylori, Klebsiella, shigella, M. tuberculosis, bacillus, and Candida infections. Helps prevent the formation of biofilm.

Cautions: Not for use during pregnancy, and not for long term use internally. If after long term use the urine begins to smell like violets, stop taking juniper.
Old Man's Beard (Usnea spp.)

Parts Used: Whole lichen

Preparations: Tincture, powder, tea (tea is for immune system support, not as an antibiotic)

Tincture: 1:5 50A 50W Must add heat. Add herb at 50W to crockpot and cook on low for 48 hours. When cool enough to handle, pour into heat proof jar (mason jars work well), and cover with 50A. Let sit for a minimum of 2 weeks. Strain out the powdered herb, though a muslin or butter cloth and reserve the liquid. 30 to 60 drops, 3 to 4 times per day. Can increase to 1 teaspoon 4 to 6 times daily.

Uses: Wound powder, wound wash 1:1 tincture to water, nose drops, primarily effective against gram positive bacteria.

Cautions: Do not use while pregnant.
Thyme (Thymus vulgaris)

Parts Used: Leaves

Preparations: Tincture, tea, herbal steam, infused honey, essential oil.

Tincture: 1:5 70A 30W 30 to 60 drops 3 to 4 times daily

Uses: Thyme is the respiratory system's best friend when taken as an herbal steam. Strong tea can be used for disinfecting surfaces. Effective against staph, strep, whooping cough, and bronchitis. Thyme is high enough in essential oils that if one wanted to get into home distillation of essential oils, thyme would be one worth trying. Good choice for herbs to add to a bath when one is sick.

Cautions: No known precautions with the herb. The essential oil can be “hot” and burn the skin. While perfect for serious respiratory infections, the essential oil is typically too intense for children.
Purple Coneflower (Echinacea angustafolia)

Parts Used: Root (if using purpurea, then juice the entire plant)

Preparations: Tincture, powder

Tincture: 1:5 70A 30W 30 to 60 drops 3 to 6 times daily, increase dose for serious infections, up to a teaspoon every 30 minutes

Uses: Topical use, wound wash 1 oz tincture in 1 pint of water, wound powder- combine with chaparral, usnea, and yarrow. A glycerite can be used as ear drops. Taken sublingually 30 minutes after piperine, and in large doses, echinacea can become systemic. In such cases, echinacea can be used to treat sepsis because it is a hyaluronidase inhibitor, it is effective against many gram-positive bacteria.

Echinacea is NOT a “cold and flu” herb.

Cautions: No known contraindications

Honey

Not an herb, but well worth including. Honey is ideal for many herbal formulas, as well as applying as is.

Wound Care: Honey is the perfect wound care remedy. It is humectant, has a high sugar content which dehydrates bacteria, and manufactures minute amounts of hydrogen peroxide when mixed with the body's fluids, easily exposed when someone has a wound. Honey allows the wound to heal without any chance of becoming dry. Honey can be augmented by the addition of herbs, including thyme, garlic, and many others in this class.

Cold and Cough: Honey is the perfect medium for herbal syrups which will come into contact with the throat. Honey is now being recommended by pediatricians ever since cough syrups were found to be ineffective for children.

Cautions: Never give honey to an infant (1 year or younger).

Synergists

- **Black Pepper** (Piper nigrum)
  - Source of piperine.
  - Tincture: 1:5 65A 35W 10 to 15 drops as needed
  - Helps expedite the absorption of herbal medicine through the intestinal wall into the blood stream.
  - If possible, give dose 30 minutes before medicinal herbs.
  - Do not give in cases with diarrhea.

- **American Licorice** (Glycrrhiza lepdota)
  - Root
  - Tincture or tea
  - Tincture: 1:5 50A 50W 30 to 60 drops daily
  - Licorice is the top synergist, helping to increase the effectiveness of other herbs. Tastes pleasant.
  - May cause elevated blood pressure in some.

- **Ginger** (Zinziber officinale)
  - Rhizome (root)
  - Tincture, tea, infused honey, or juice.
  - Tincture: 1:2 95A 20 to 30 drops, 3 to 4 times daily
  - Preserve juice with 20% ABV
  - Ideal as synergist for intestinal complaints with cramping.
  - Avoid very large doses in pregnancy.
Immune Support

**Lifestyle**
- Rest
- Food
  - Sugar
  - Fermented Foods
- Stress
  - Adrenal Fatigue
  - Cortisol

**Supplementation**
- Reishi
- Astragalus
- Rhodiola
- Eleuthero (Siberian ginseng)
- Codonopsis (Poor Man's ginseng)
- Elderberry
- Garlic
- Burdock
- Chicory
- Magnesium
- Vitamin D
Thank you!

An email with the link to this webinar for you to view at your convenience, and the PDF of the presentation slides for you to download, will be sent to you within the next 24 hours, probably less. It will be coming from Cat@HerbalPrepper.com.

If you liked this webinar, please consider joining the Herbal Prepper Student Membership Program. Members receive access to all webinars for just $5/month. Read more about the program at www.HerbalPrepper.com

AGAIN- THANK YOU!
And please be on the lookout for my newsletter with upcoming online trainings on herbalism, traditional foods, and emergency preparedness.