ANTIBIOTICS

(Used to treat **bacterial** infections, including leprosy and tuberculosis)

**COMMON EXAMPLES:**

- **aminoglycosides** (-mycin, -micin)
  - gentamicin – Cidomycin, Garamycin, and others
  - neomycin – Mycifradin, Neo-Fradin, Neo-Tabs
  - streptomycin
  - **... and others**

- **anti-tuberculars**
  - ethambutol – Myambutol
  - isoniazid – INH and others
  - pyrazinamide – Tebrazid and others
  - rifampin – Rifadin and others

- **cephalosporins** (five generations and counting)
- **chlorhexidine** – Oro-Clense, Peridex and others
- **dapsone** – DDS, Aczone, Avlosulfon, Dapsone
- **fluoroquinolones** (-oxacin’s)
  - ciprofloxacin – Cipro, Ciloxam, and others
  - levofloxacin – Iquix, Levaquin, Quixin
  - ofloxacin – Floxin, Ocuflox
  - **... and others**

- **furazolidine** – Furoxon
- **linezolid** – Zyvox
- **loracarbef** – Lorabid

- **macrolides**
  - azithromycin – Zithromax and others
  - clarithromycin – Biaxin
  - erythromycin – Apo-Erythro, Diomycin, E-Mycin, Erybid, and others
  - **... and others**

- **metronidazole** – Apo-Metronidazole, Flagyl, Metro, Nidagel, and others
- **nitrofurantoin** – Furadantin, Macrobid, Macrodantin, Nitro Macro, Urantoin
- **penicillins** – amoxicillin, ampicillin, penicillin, and others
- **streptogramins** (for VRSA)
sulfonamides (sulfa drugs)
sulfasalazine – Azulfidine and others used in Crohn’s or ulcerative colitis
sulfamethoxazole – Septra, Gantanol and others
tetracyclines (or any of the many cyclines)
trimethoprim – Proloprim
... and many more...

Deplete:
A, beta carotene, B1, B2, B3, B5, B6, B7, B8, B9, B12, C, D, E, K,
PABA, glutathione/NAC, choline, calcium, copper, iron, magnesium,
potassium, selenium, sodium, zinc, carnitine, good intestinal bacteria,
CoQ10

Antibiotics have no effect on viruses so they should not be used for such infections as colds, flu, or most upper respiratory infections. They also have no effect on sinus infections since the majority of those are viral infections.

* Braglia: Research: Antibiotics Will Not Help Your Sinuses. GreenMedInfo newsletter 2012 Feb 21

Antibiotics literally mean “against life”. They kill bacteria, both the bad that is causing an infection and the good that is needed for the immune and digestive systems. Therefore, taking a PRO-biotic (“for life”) is vital to rebuilding the immune system so that it can naturally fight off invaders - of the bacterial kind. (see more on Probiotics below)

Antibiotics promote obesity, especially in children.

* Mercola: This Commonly Used Drug Found to Promote Obesity. Nov 24, 2011

Drug-resistant infections are causing grave concern and for good reason. The main cause is over-use of antibiotics which have been found in meat, milk, and community water supplies. As a result, there is an increase in ‘superbugs’ – those that mutate and become antibiotic-resistant. Therefore, use antibiotics only when absolutely necessary and then replenish your system with the nutrients they destroy, especially PRObiotics.

Suggested Alternatives:

Acacia gum, Arjuna, Clove, Cinnamon, and Eucalyptus have strong antimicrobial activity against several multi-strain resistant bacteria.


Aloe vera has some anti-bacterial effects.


*Alpinia galanga, a member of the ginger family, is effective against several drug-resistant bacteria.


**Angelica (Dong quai)** has significant anti-Tubercular activity.

*DeNoon: Anti-TB polyynes from the roots of Angelica sinensis. Phytother Res 2005 Sep;19(9):733-9

**Apples** reduce the side effects caused by the cholera vaccine and with **Hops**, protects ligament cells in the mouth. Buy only **organic** apples as they are the #1 food that contains pesticides, many of which cause cancer.

*Apples worst for pesticides on produce list. CBC News, Jun 14, 2011


*Shabecoff: 100 Chemicals for Apples Add Up to Enigma on Safety. NY Times Feb 5, 1989


*Yoshino et al: Co-administration of cholera toxin and apple polyphenol extract as a novel and safe mucosal adjuvant strategy. Vaccine 2009 Jul 30;27(35):4808-17

**Astragalus** is an herb that enhances the immune system in TB patients as well as children with recurring tonsilitis.


**Avocado** has antioxidant and anti-microbial effects.

*Chia & Dykes: Antimicrobial activity of crude epicarp and seed extracts from mature avocado fruit (Persea americana) of three cultivars. Pharm Biol 2010 Jul;48(7):753-6


**Bay leaf** is effective against MRSA (Methicillin-resistant Staphylococcus aureus).

*Otsuka et al: Anti-methicillin resistant Staphylococcus aureus (MRSA) compounds isolated from Laurus nobilis. Biol Pharm Bull 2008 Sep;31(9):1794-7

**Bee propolis**, including the potent Brazilian green bee propolis, is effective against MRSA and other bacterial strains and in preventing ear infections in children chronically prone to them.


**Beetroot, Apple and Citrus pectins** have anti-bacterial activity against the staphylococcal bacteria.

**Berberine-containing plants** (Barberry, Goldenseal, Goldenthread, Oregon grape) are strong anti-microbials (against bacteria, viruses, fungi, protozoans, helminths, and chlamydia). They also have anti-cancer benefits.
*Serafín et al: Different concentrations of berberine result in distinct cellular localization patterns and cell cycle effects in a melanoma cell line. Cancer Chemother Pharmacol 2008 May;61(6):1007-18

**Beta Glucans** are polysaccharides derived from oats, mushrooms, barley or yeasts. Beta glucans are particularly effective for priming and normalizing the immune system and protecting the body against a number of pathogenic bacteria.

**Black Cumin Seed** is an effective anti-bacterial against MRSA.
*Hannan et al: Anti bacterial activity of Nigella sativa against clinical isolates of methicillin resistant Staphylococcus aureus. J Ayub Med Coll Abbottabad 2008 Jul-Sep;20(3);72-4

**Capsaicin**, from hot peppers, is effective against the cholera bacterium.
**Carotenoids**, from red, yellow, orange and dark green fruits and vegetables) are effective against a variety of drug-resistant bacteria including H. Pylori, often blamed for causing stomach ulcers.


**Catnip** is an herb that is effective against Staphylococcus aureus.


**Cat’s Claw** is an herb that boosts the immune system but it also has antibacterial activity.


*Eberlin et al: Uncaria tomentosa extract increases the number of myeloid progenitor cells in the bone marrow of mice infected with Listeria monocytogenes. Int Immunopharmacol 2005 Jul;5(7-8):1235-46*

**Cinnamon** and **Oregano** are effective against antibiotic-resistant Campylobacter.


**Clove** inhibits various bacteria and other pathogens.

*Bhamarapravati et al: Extracts of spice and food plants from Thai traditional medicine inhibit the growth of the human carcinogen Helicobacter pylori. Indian J Ophthalmol 2009 May-Jun;57(3):185-9


**Clove, Guava** and **Lemongrass** increase effects of antimicrobial drugs.


**Clove** and **Holy Basil** protect the body against Klebsiella bacteria.

*Saini et al: Induction of resistance to respiratory tract infection with Klebsiella pneumoniae in mice fed on a diet supplemented with tulsi (Ocimum sanctum) and clove (Syzygium aromaticum) oils. J Microbiol Immunol Infect 2009 Apr;42(2):107-13*

**Coconut water** has antimicrobial effects.

*Mandal et al: Identification and structural insights of three novel antimicrobial peptides isolated from green coconut water. Peptides 2009 Apr;30(4):633-7*

**Colloidal Silver** inhibits several drug-resistant strains of bacteria including Pseudomonas aeruginosa and Aeromonas hydrophilia in tap water, possibly replacing the need for chlorine.


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