

"Killing" Germs Isn't the Complete Answer

The idea that microbes (bacteria, viruses, etc.) are the direct and primary cause of disease is deeply rooted in our culture. But there is another viewpoint, which has a lot of merit when you really think about it. That viewpoint says that your body became weakened which created the environment for the germs to multiply. In other words, germs are part of the process of disease, but they are not the primary cause.

This is called the biological terrain theory. It says that every living thing occupies a certain niche in nature. Just like flies don't cause garbage piles, germs don't cause diseased tissue—they are attracted to it. If this is true, then fighting infection isn't just about killing germs—it's about restoring a healthy environment in the body that makes you less susceptible to the next infection.

That's where natural remedies can actually work better than drugs. Although natural remedies aren't always as potent at directly killing microorganisms, they are very good at boosting the body's natural defenses and aiding tissue healing and repair so the biological terrain is improved and one is less susceptible to future infection. They also help the body detoxify from the microbial by-products, which speeds recovery.

This multi-faceted action means that natural remedies don't just fight infection, they strengthen your body at the same time. This is one of the main reasons why natural remedies for infection may be superior to antibiotics in some cases.

tents squeezed into the child's mouth. Garlic oil can also be rubbed onto the chest for respiratory infections or dropped warm into the ear for ear infections.

Echinacea

A traditional Native American remedy, echinacea has become one of the most popular herbs in the American marketplace. Researchers have found it is a non-specific immune stimulator, meaning it causes the immune system to mount a heightened defense against infection. It has some activity against viral infections, but is an even better remedy for bacterial infections, including sore throats and urinary tract infections. It has also been used for snake bites and blood poisoning.

Ultimate Echinacea is a blend of three different echinacea species in a non-alcoholic, glycerine-based extract. This is an excellent remedy to give to children or adults to boost the immune system in order to prevent infection when colds, flu or other infections are "going around." Of course, it can also be used to boost the immune response to fight infection once it has started.

Echinacea is frequently combined with another traditional antibacterial remedy, goldenseal, to produce **Echinacea/Goldenseal**. This blend is most effective against bacterial

infections or the later stages of a cold where mucus becomes thick and discolored. Echinacea/Goldenseal is also a good combination for chronic sinus infection, intestinal infections and urinary tract infections.

Both Ultimate Echinacea and Echinacea/Goldenseal can be applied topically to wounds. Simply put a little of the liquid on a cotton ball and apply to the injury. Adding a drop or two of **Tea Tree Oil** makes this a very effective antibacterial agent.

Viral Infections

As we indicated on page one, antibiotics don't work on viral infections. Fortunately, there are many natural remedies that do. Here are a few of the better options.



Immune Stimulator

This blend is primarily composed of betaglucans, complex polysaccharides, which stimulate the body's natural immune defenses. These betaglucans mixed with a base of other nutrients and herbs that also boost the body's natural immune response. This blend doesn't have any direct antimicrobial properties of its own, but it helps the body destroy unfriendly microorganisms—viruses, bacteria, etc.

Immune Stimulator increases immunoglobulin proteins in the intestinal tract to combat foreign invaders. It also promotes DNA repair from damage done by viruses. It is one of the best choices for acute or chronic viral infections.

VS-C

Designed by a Chinese medical doctor from Beijing, **VS-C** was formulated for chronic, recurring viral infections such as herpes. It has proven useful, not only for herpes, but also for shingles, chicken pox, cold sores and low grade bacterial infections. Available in both liquid and capsule form, this valuable blend cools fever and inflammation, detoxifies the blood to improve the biological terrain and to boost the body's natural defenses.

Additional Help and Information

If you would like more information about alternative ways to fight infection, or what do after taking a round of antibiotics, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Herbal Defense: Positioning Yourself to Triumph Over Illnesses and Aging by Robyn Landis and Kharta Purkh Singh Khalsa

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