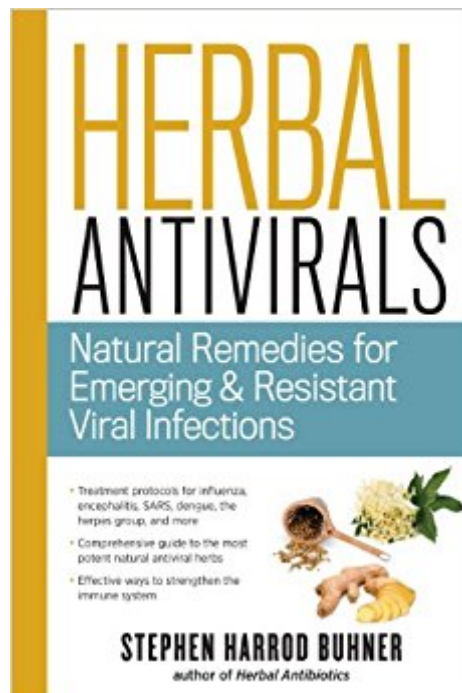




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# Herbal Antivirals: Natural Remedies For Emerging & Resistant Viral Infections



## Synopsis

Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

## Book Information

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## Customer Reviews

Whether for everyday well-being or in dealing with dangerous diseases, plants offer natural options for improved health. Herbal Antivirals help[s] put plant power in the reader's hands.

Protect Yourself with Natural Treatments for Viral Infections Viruses are smart, mutating and becoming resistant to antiviral pharmaceuticals. Global crises such as SARS and dengue fever spread more quickly than we can develop medicines to fight them, and every season there are new flu strains that challenge the effectiveness of vaccines. Build your immunity and protect yourself with broad-spectrum herbal treatments. Stephen Harrod Buhner profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and to strengthen your immunity, safely and naturally.

The great complement to Herbal Antibiotics. With those two books you are very much set as far as

protecting your body from infections. Stephen Buhner has done excellent researches for this book again. The book ends with 50 pages of bibliography p. 333 to 385. For example, he is offering 42 references on *Lomatium Dissectum* (I have a thing for that root!). This book is scientific, with solid evidences, and written by someone with good humor that actually use the plants mentioned in the book. The book is well organized. It starts with an introduction to viruses and discuss the threat that they represent to our health. Buhner goes on to describe several viruses and offers treatment options for each of them. The *Viral Materia Medica* is very complete with 137 pages with an exhaustive description of each plant. Honestly, I cannot find anything missing in there! Chapter 6: Strengthening the immune system is particularly interesting. Then, he incorporates a brief discussion on herbal making. I simply love this book and I recommend it to every herbal enthusiast whether you are novice or expert. Thank you for this book!

Power packed. with some hints of ways to treat different problems. the average person gets some ideas of what products will be a more natural way to treat this or that common ailment. In an age when many folks run to the dr for a first sneeze, some common sense is needed. There are some things for what to use if you have shingles..and I find it amazing that many doctors seem to say there is no treatment., and I was under the assumption once you have had them that is it...no more, but find they reoccur..and tells you what might build up your body's immunity againsts reoccurring Having had shingles as a teen I remember shingles did run its course but there were things like cream to relieve the blisters and pain some. This even has a cream you can make yourself that I have not yet made but intend to. The bk tells you do not eat this because it would flare up the problem, it tells you what the suggestions will do, will not do...very down to earth..and even tells you where some sources of where you might purchase from. While a very small child I remember a book my parents used since going to doctors was not always an option. This books talks about many ailments but the information on shingles is worth the price of the book of itself. My advice: If your health books do not include this book, get it. There are some parts that seemed just extra words to me, but as I read, those words I thought of as extra better explained something so were needed.to understand other information.

Excellent book with indepth notions and analysis of plants with antibiotics properties. A very fascinating book about traditional medicine and pharmaceuticals. Stephen Buhner is a favorite of mine I also own the "Healing Lyme" book. The book may be for the more scientific oriented person, since the author goes on details on properties of natural antibiotics and also explains indepth how

bacteria works at the cellular level.

This book is second only to the authors first book "Herbal Antibiotics", but I want BOTH. They are the leading edge in tomorrows medicine. We need to begin helping our bodies heal instead of treating symptoms with expensive drugs which often result in dangerous side effects. Healing is the goal, not symptom control. Our big monied drug system has not given us miracles, only huge medical bills & lingering dependencies while unbalancing the natural ecology we all depend upon for life. You need to know about this. Our world is in the process of big changes & you need to know the score & how to evaluate your future medical options. This book presents information in a very logical manner that is understandable & useful. Some of it may be a bit technical, but that will not interfere with anyone's use of it. S. Martin, BSN

This book is a benchmark. All Books Should Be This Well Written. It very clearly explains each subject, never leaves you scratching your head (or tearing out your hair) the information is complete, thoughtful and sometimes humorous. Mr. Buhner clearly explains exactly what each profiled virus does to the body, how each herb profiled stops the virus' damage, how to properly use each herb, and states safety precautions. He doesn't just profile an herb then state what its known uses are, he explains how and why it is used and has studies as well as history to back it up. The material medica is the best I have ever seen. Example? 18 pages for Chinese skullcap! I have bought "authoritative" books that had as many as four herbs per page. What can you learn from that ? Mr Buhner, I WANT MORE!!

Seriously, there are not enough stars for this book. Seriously. Stephen Harrold Buhner covers not just which herbs do what for which sickness, but also how particular viruses attack the body. This is magnificently helpful, if quite bewildering to someone not very well-grounded in human physiology. However, with Buhner (I now own two of his books), what one gets is not simply the raw information ("Take this for that") but, if one reads and takes notes, a wealth of additional knowledge - which herbs interrupt which viral process. Once you know that, you can extend your range of treatments dramatically. Buhner is above all a teacher, one with a wicked sense of humor. If you wish to grow as an herbalist or just someone who tends your own health with herbs, invest in this book, and its companion dealing with antibiotics. You'll be repaid a thousand times over.

I love this book however, the herbs you need aren't in your local stores. You have to know places to

order from.

Great book, has everything you need to learn about how to fight viral infections with natural remedies. Also gives resources where to buy herbs and tinctures. A must have book for people looking for holistic prevention and healing approach.

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