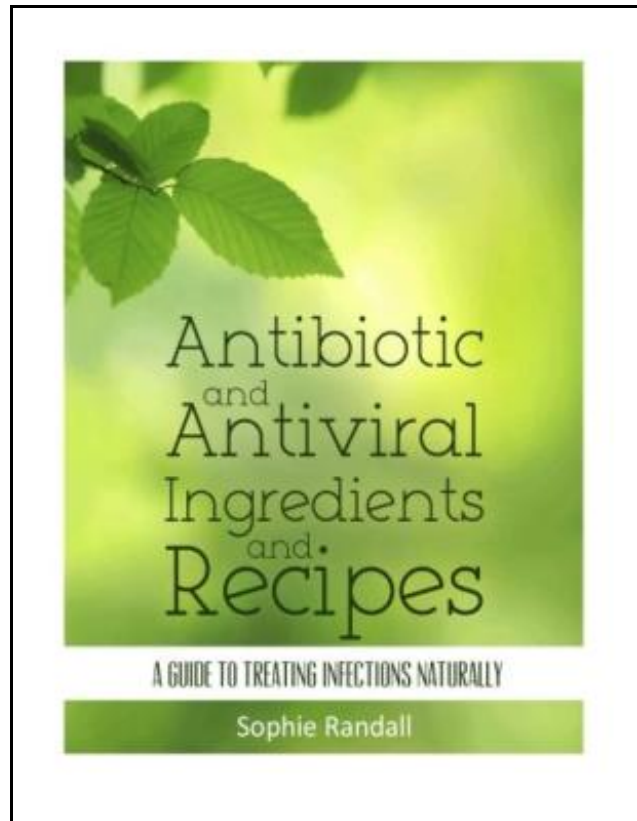


## Antibiotic and Antiviral Ingredients and Recipes: A Guide to Treating Infections Naturally



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**(Alfreda Bradtke)**

## ANTIBIOTIC AND ANTIVIRAL INGREDIENTS AND RECIPES: A GUIDE TO TREATING INFECTIONS NATURALLY



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Antibiotic and Antiviral Ingredients and Recipes: A Guide to Treating Infections Naturally Today, antibiotics and antiviral medications are the go-to choice for most of us when it comes to treating common infections and diseases. For a long time now, these great medical inventions have been saving millions of lives across the world, so it is no longer surprising why we continue to trust in their effectiveness. While these miracle drugs are able to do the job almost all the time, the problem is that these can have unwanted side effects in the long run. Fortunately, that is not the only option we have. Have you ever wondered how people dealt with illnesses during those times when antibiotics and antivirals did not exist? The answers can be found in nature itself. If you are looking for ways to fight off infections without the use of prescription drugs, then this book is a good place to start. Most natural antibiotics and antivirals will probably not appeal to your taste, and while they may not be delicious, take note that their main purpose is to be effective. It is strongly advised to consume them on a regular basis, but you may also opt to do so only when you need them. You will be pleased to find out that they are just as effective as your usual medications. To get started, you will learn about how antibiotics and antiviral drugs work to fight off infections that are trying to take over your systems. This will help you better understand why we tend to rely on them so much. Then, the rest of the book will focus on your...



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