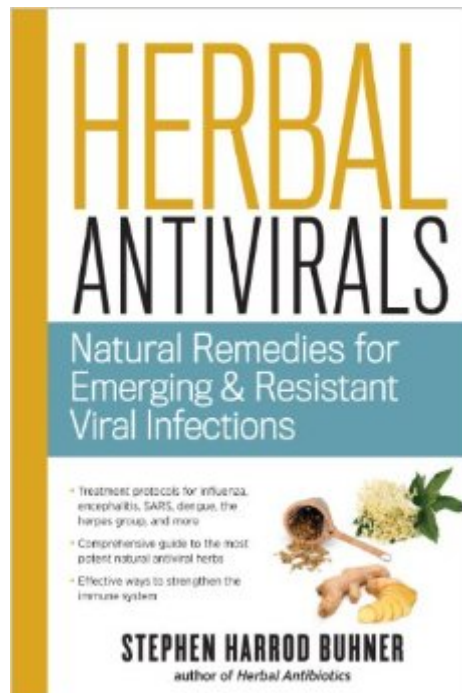


The book was found

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

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!

Love this book. It is so packed with amazing information it needs to be in every home care and alternative medicine collection. I cannot underestimate the value of the book, especially when you are given the small number of good sources of information out there. It is precise, informative and covers just about every aspect of the plant, including giving all the genres of the plant along with their antiviral values as well. It clearly states which plants to use and which to avoid. It got me to Alibaba.com where I was able to order 20:1 extract of Chinese Skullcap root. I am officially following through with the information and locating sources for the plants. The most important thing is that plants are also rated by overall strength and the pathogens against which they are effective are all listed. Get this now before it goes out of print and disappears from the book stores!

Everyone needs a copy of this book. This book is a reference of how viruses take over your body and make you sick or kill you. The Spanish Flu in 1918 killed 100 million people worldwide. This virus was virulent and caused bleeding very similar to Ebola. There are many herbal options to prevent and treat viral infections. If you understand the process of how the virus invades and kills, you are prepared to take the appropriate herbs to survive. It is simple. There is no downside to taking herbs to treat viruses. The herbs do more than kill viruses, there are many benefits to taking them. Do not wait until you have bad symptoms to take your herbs. You can often knock out a virus in the first 24 hours if you are aggressive and take the right supplements. Viruses mutate. You might already know that. However, the author explains that some viruses mutate as they reproduce. That means that you might have dozens of different strains of the virus inside you. You can't wait for immunization to save you. Even if you believe it would, they cannot possibly have an effective vaccine to save you when it is already mutating after it invades you. There will be another strain coming shortly, which will probably be worse than the first round. My advice is to go through this book and pick the herbal remedies that address the most factors associated with viral replication. Buy the supplements and have a big stock of them. I'm an herbalist and I'm recommending this book to everyone who will listen. It offers insight into why viruses are so deadly and what to do about it. It's a fascinating read.

Well done! Highly informative and serves an important purpose in these present times of emerging viruses. However, I have a question. On page 20 the author lists five "major alterations affecting the planet that researchers have identified as being behind the emergence of so many new (and old) pathogenic viruses. I wonder why in a such a fine and comprehensive work the author nowhere mentions as a major alteration the immense amount of virus oriented biological warfare elements

which have been researched, developed and distributed over the past forty years by the world powers? In the absence of such a revealing admission he continues to reason: "The disruption of healthy ecosystems by human incursions and the resultant loss of host species into which they jump is us (or the animals that survive well with us: pigeons, mice, pigs and chickens- from whom they then easily move into us)." I believe it is a well known fact that certain researchers, to the utter anathema of other noted scientists, have engaged in experiments crossing long established natural barriers and evolved lines of separation which have prevented species from sharing diseases. Curiously, after research for biological war purposes had reached certain immune threatening thresholds in the late 1960's the emergence of new viruses had begun to appear with widescale and devastating results. Discussing these facts might perhaps be outside of the scope of the author's purpose and might cause his valuable work to be associated with conspiracy theory which he may wish to avoid. No doubt his research is much needed at this time and will assist us in strengthening our immunity in the new battle zone ... our bodies.

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