



Green & Natural Antibacterial Agents - Natural ways to prevent or treat bacteria

Laurie Phippen

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The classification antibacterial includes anything that destroys bacteria or inhibits the ability of bacteria to grow and reproduce. Herbs approach bacterial infection from two directions. They stimulate the immune system to produce more immune cells aiding your body's ability to fight the infection and they act in direct opposition to bacteria by inhibiting their ability to grow and reproduce so they cannot survive. The first line of defense against bacterial infection is prevention. Disinfecting surfaces with known antibacterial cleaners, maintaining good health through diet, rest, and exercise, and minimizing exposure to infectious agents is far more effective than any treatment plan in the continued battle against bacteria. Regardless of the preventative care you take, there are always times where treating an infection will be necessary. Traditionally, bacterial infection is fought by blending herbs that support the body's own natural defenses with those that act to inhibit and kill the bacteria. Using a combination that blends both actions helps to minimize the duration and severity of any infection. Many herbs and oils act as natural immunostimulant and antibacterial agents. Some of these natural products work as well as or even better than the products sold in your local pharmacy. Some of the items in your local pharmacy are even created based on the chemical constituents of plants you might have growing in your own yard. This guide contains antibacterial agents that act as both disinfectants for infected air and surfaces and disease fighting agents for the body. Both categories eliminate harmful bacteria. It is important that you read the traditional uses and side effects of each plant and discuss any alternative treatment with a qualified herbalist or physician prior to choosing a natural product.

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