

Antibiotic Summary Chart

| <i>Antibiotic Class</i> | <i>Drug names in this class</i> | <i>Comments</i> |
|---|--|--------------------------|
| Cell Wall Inhibitors | <p>Cephalosporins: Aztreonam (Azactam® for injection) Cefaclor (Ceclor®), Cefadroxil (Duricef®), Cefamandole (Mandol®), Cefazolin (Ancef®, Kefzol®), Cefdinir (Omnicef®), Cefepime (Maxipime®), Cefixime (Suprax®), Cefoperazone (Cefobid®), Cefotaxime (Claforan®), Cefotetan (Cefotan®), Cefoxitin (Mefoxin®), Cefpodoxime (Vantin®), Cefprozil (Cefzil®), Ceftazidime (Ceptaz®, Fortaz®, Tazicef®, Tazidime®), Ceftibuten (Cedax®), Ceftizoxime (Cefizox®), Ceftriaxone (Rocephin®), Cefuroxime (Ceftin®, Kefurox®, Zinacef®), Cephalexin (Keflex®, Kefab®), Cephapirin (Cefadyl®), Cephradine (Anspor®, Velocef®), Imipenem and Cilastatin (Primaxin I.V.®), Loracarbef (Lorabid®), Meropenem (Merrem I.V.®)</p> <p>Penicillins: Amoxicillin (Amoxil®, Trimox®), Amoxicillin and Clavulanate (Augmentin®), Ampicillin (Principen®, Totacillin®), Ampicillin and Sulbactam (Unisyn®), Bacampicillin (Spectrobid®), Carbenicillin (Geocillin®), Cloxacillin (Cloxapen®), Diclloxacillin (Dynapen®, Dycill®), Mezlocillin (Mezlin®), Nafcillin (Unipen®), Oxacillin (Bactocill®), Penicillin G (Bicillin C-R®, Bicillin L-A®, Pfizerpen®), Penicillin V (Beepen-VK®, Veetids®), Piperacillin (Pipracil®), Piperacillin and Tazobactam (Zosyn®), Ticarcillin (Ticar®), Ticarcillin and Clavulanate (Timentin®)</p> | Worst Choice! |
| Protein Synthesis Inhibitors | <p>Macrolides: azithromycin (Zithromax®), clarithromycin (Biaxin®), dirithromycin (Dynabac®), roxythromycin (Rulid®)</p> <p>Tetracyclines: tetracycline, minocycline (Minocin®), doxycycline, demeclocycline</p> <p>Lincosamides: Clindamycin</p> <p>Ketolides: telithromycin (Ketek®)—caution: serious side effects</p> | Acceptable Choice |
| Anti- protozoals and anti- malariales, (cyst-form drugs) | <p>5-nitroimidazoles: tinidazole (Fasigyn®), metronidazole (Flagyl®), secnidazole, and ornidazole (Tiberal®) are three most used. Tinidazole, ornidazole, and secnidazole have the least side effects, but metronidazole has the smallest molecule size which might allow it to achieve higher tissue concentrations.</p> <p>(Plaquenil®).</p> | Acceptable Choice |

E X C E R P T

Non-Pharmaceutical (Natural) Antibiotics for Lyme Disease

In the previous section we looked at the best pharmaceutical antibiotics to use for Lyme Disease. Now, lets examine non-pharmaceutical (or "natural") choices. While typically less toxic, keep in mind that non-pharmaceutical antibiotics can have significant side effects and should be treated with respect. Non-pharmaceutical antibiotics should be used according to the same guidelines as pharmaceutical antibiotics, the guidelines set forth in the Antibiotic Rotation Protocol.

The methods of action of the following non-pharmaceutical antibiotics vary. Some of these antibiotics may act as cell wall inhibitors, in which case they should be used very cautiously, as previously noted. You may need to conduct additional research on the specific non-pharmaceutical antibiotic(s) you are considering using. The [PDR for Herbal Medicines](#), a comprehensive 1,100 page reference book, provides excellent information on many antibacterial (and other) herbs, and can help you research / identify the methods of action of various herbal antibiotics.

T.O.A. Free Cats Claw, also known as Samento

Cats Claw (*Uncaria tomentosa*) is a powerful herb that has been long used to treat a broad variety of health problems. Although Cats Claw has proved somewhat helpful in the treatment of Lyme Disease, it has not been considered a breakthrough treatment.

Recently, however, a discovery was made about a specific form of Cats Claw herb, known as T.O.A.-free Cats Claw. This particular form is devoid of tetracyclic oxindole alkaloids (T.O.A.'s). Cats Claw lacking these T.O.A.'s is a completely different herb than common Cats Claw and has been found to possess amazingly effective antibiotic qualities as well as several other very important healing properties.

The most notable research about this T.O.A.-free Cats Claw was a controlled clinical study administered by Dr. Lee Cowden, M.D., a highly respected Fort Worth cardiologist. Dr. Cowden's research examined the effects of T.O.A.-free Cats Claw on 28 people who had confirmed Lyme Disease. The study was 10 weeks long and included diet, detoxification, and nutrition components. All 28 people were ill and disabled by Lyme Disease and flat-out broke from attempts to treat it. All of them had also failed conventional antibiotic therapy.

The results of Dr. Cowden's study were impressive. I talked with Dr. Cowden several times, and he explained to me that many of the study participants had shown improvement, some of it dramatic. Since this research was conducted, many Lyme Disease sufferers have used T.O.A.-free Cats Claw with satisfying results. Because of these encouraging reports, the herb has earned its place as a useful Lyme Disease therapy.

Some researchers and proponents of T.O.A.-free Cats Claw have claimed (or alluded to the possibility) that it is the cure for Lyme Disease, if used long enough. Unfortunately, most available evidence does not support such impressive claims.

T.O.A.-free Cat's Claw does have direct antibiotic properties and is also an anti-inflammatory and immunomodulator. The antibiotic component of the herb is attributable to the considerable quantities of quinovic acid glycosides found in the herb, which are natural precursors to pharmaceutical antibiotics known as Quinolones.

As an antibiotic, T.O.A.-free Cats Claw has antibacterial benefits, but it carries with it the same problems with decreasing efficacy that all antibiotics have. Three participants in the online Lyme-and-Rife discussion group conducted an unofficial, unscientific trial of the herb while undergoing treatment with rife machines. Their goal was to determine whether or not the herb eventually "stopped working," in much the same way that all antibiotics "stop working" due to developing bacterial resistance. The three found that the T.O.A.-free Cat's Claw (brand name Samento®) had an initial beneficial impact, inducing herx reactions and improvement, but eventually it simply suppressed the Lyme Disease bacteria, leading to stagnated progress and even loss of previously made gains. While using Samento® the Lyme Disease patients noted that ultimately their herx reactions and the improvement achieved with rife machines was decreased. These three people concluded that T.O.A.-free Cat's Claw, as any antibiotic, can be beneficial for that short period of time before the bacteria develop resistance to the herb. After that point, using the herb becomes counterproductive. These conclusions should be included in any evaluation of the herb as therapy.

The two brands of T.O.A.-free Cats Claw commonly purchased by Lyme Disease sufferers are:

- **Nutramedix, product name "Samento®." Most Lyme Disease sufferers use the liquid Samento®, www.nutramedix.com, 1-800-730-3130**
- **Nutricology, product name "Prima Uña de Gato", www.nutricology.com, 1-800-545-9960**

Extensive additional information about T.O.A.-free Cats Claw can be found on the Lyme-and-rife online discussion forum. You can find help with dosing schedules and also read about the trials conducted by Dr. Cowden and the three Lyme Disease sufferers who used Samento® in conjunction with rife machine treatment.

Because Cats Claw is derived from the same substances that comprise the quinolone class of antibiotics, it shares similar side effects. Most notably, both the quinolone antibiotics and Cats Claw have been associated with tendon damage. This occurrence is quite rare, and new research shows that this side effect may be avoided if intracellular magnesium levels are brought back up to healthy levels (See Chapter 10). Nonetheless, proceed with caution when using Cats Claw.

Colloidal Silver

There are hundreds of websites and dozens of books about the groundbreaking and remarkable antibiotic capabilities of colloidal silver. CS possesses a broad-spectrum, powerful action against many microbes.

One of the dozens of books available is *Micro-Silver Bullet*, written in 1997 by Paul Farber, N.D., Ph.D., who himself had antibiotic refractory Lyme Disease and gained victory over it by using CS. The book is a very valuable resource for Lyme Disease sufferers. Other useful books include:

Colloidal Silver: Antibiotic Superhero

The Wonders of Colloidal Silver

Colloidal Silver: Making the Safest and

Most Powerful Medicine on Earth for the Price of Water

Colloidal Silver Today: The All-Natural, Wide-Spectrum Germ Killer

Colloidal Silver: The Hidden Truth

Accurate and informative websites:

www.silvermedicine.org

www.silver-colloids.com

silverlist.org

health.groups.yahoo.com/group/colloidalsilver

health.groups.yahoo.com/group/colloidalsilver2

There is far too much important information about colloidal silver to include in this chapter. The important facts are that properly made colloidal silver may be the most effective non-pharmaceutical antibiotic available and is probably of more value than any pharmaceutical antibiotic in existence. Many companies sell CS, and it is also quite easy and affordable to make at home with an easily constructed, low voltage, colloidal silver generator. The quality of available CS varies greatly—additional information about what constitutes good and bad CS can be found through the above websites. Good CS is a powerful antibiotic, poorly made CS is worthless.

Of all the antibiotics discussed in this book, including pharmaceutical and non-pharmaceutical, colloidal silver has garnered the largest number of successful user reports. A detailed presentation of colloidal silver therapy and its benefits is beyond the scope of this book, but I would strongly encourage you to research CS thoroughly. If any antibiotic out there is capable of fighting Lyme Disease successfully, CS is probably it.

While colloidal silver is a profoundly powerful antibacterial, antiviral, and antifungal agent, you should be aware that silver toxicity is possible if you cross an unspecified threshold. Cases of irreversible skin discoloration have resulted from excessive use; this condition is known as argyria. Therapeutic use of colloidal silver should be approached cautiously.

Olive Leaf Extract

Another natural supplement with antibacterial qualities is Olive leaf extract, a very powerful natural antibiotic, antiviral, antifungal, and antiprotozoal. It has broad spectrum activity against many microorganisms and is beneficial to the immune system. It can also be used against Candida infections.

The book Olive Leaf Extract By Dr. Morton Walker is an excellent source of information about this powerful herb.

The most trusted, highest quality brands of olive leaf extract are:

Ameriden, www.ameriden.com, 888-405-3336

East Park Research, www.eastparkresearch.com, 800-345-8367, (their Olive leaf extract product is called “d-lenolate”)

Teasel Root Extract

Teasel Root extract has been found by some Lyme Disease sufferers to be an excellent natural antibiotic option which is effective against *Borrelia Burgdorferi*.

Teasel Root can be obtained from:

www.jeansgreens.com

An additional brand is SpiroNIL, available at various online stores.

Sarsaparilla Officinalis

Sarsaparilla, of the genus *Smilax*, is an herb that was once widely used as a Syphilis treatment. Because Lyme Disease and Syphilis are both spirochete infections, some Lyme Disease sufferers have used Sarsaparilla with good results (i.e., producing herx reactions and improvement).

Sarsaparilla Officinalis can be purchased from:

www.sourcenaturals.com

Product name “Smilax.”

Several people have complained of irritated kidneys while using Sarsaparilla, and information available on the oral intake of Sarsaparilla associates it with kidney damage. Consult your physician before beginning this herb.

Grapefruit Seed Extract

(not to be confused with grape seed extract)

Grapefruit seed extract is a powerful natural antibiotic that has produced herx reactions and improvement in Lyme Disease sufferers who use it. It is also commonly used for the prevention and treatment of *Candida*.

The brand of grapefruit seed extract most commonly purchased by Lyme Disease community members is:

www.nutriteam.com

Product name, “NutriBiotic Tablets”

Lauricidin®

Lauricidin® is a derivative of lauric acid, a component of coconuts. The antimicrobial properties of coconut oil have long been known. Lauricidin® harnesses these properties in a concentrated formula.

Lauricidin® has also been found to have broad-spectrum antimicrobial actions against a wide range of microorganisms.

Some researchers have also speculated that Lauricidin® has a helpful effect in removing the neurotoxin associated with Lyme Disease infection, through a soap-like or emulsifying action. This effect may result in breaking up infective Lyme Disease colonies.

Lauricidin is a very promising and useful antimicrobial that has been shown, through user reports, to have a strong effect against Lyme Disease.

More information and purchasing options can be found at:

www.lauricidin.com.

Lauricidin is a frequent topic of discussion on the Lyme-and-rife online discussion forum.

Mangosteen

Mangosteen fruit can be used as an effective non-pharmaceutical antibiotic. There is so much information available about mangosteen that a separate chapter in this book was justified. See Chapter 7 for more information.

Systemic Enzyme Supplementation

Systemic enzyme supplementation (known as Wobenzym or Wobenzyme) as described in Chapter 6, can serve as a non-pharmaceutical antibiotic. In fact, it has proven to be highly effective and without side effects. Systemic enzyme supplementation offers many healing properties which benefit Lyme Disease sufferers.

Stephen Buhner Lyme Protocol

In his book, *Healing Lyme* (available from www.amazon.com), Stephen Buhner describes an anti-Lyme protocol which uses various antibacterial herbs and supportive supplements. Many Lyme Disease sufferers have reportedly been helped by employing his protocol.