



Find effective and lasting relief for 26 common physical ailments and conditions plus over a dozen psychological concerns.



ARUNA M. SIEWERT is a holistic practitioner with an emphasis on herbal medicine. She has her own practice and is a lecturer at Campus Naturalis Akademie in Berlin, Germany, providing training in the area of holistic practices, phytotherapy and aromatherapy. Siewert is married and has two children.

Natural Antibiotics & Botanical Treatments

Heal Your Body, Heal Your Mind

Physical and emotional well-being are easy to achieve with the help of plant antibiotics and other natural remedies. This incredibly comprehensive and informative guide is dedicated to the power of time-honored medicinal plants, and shows you how to easily treat minor infections and everyday ailments — without any side effects. You'll also discover how plant remedies can offer support for a wide array of psychological conditions and during times of emotional crisis. Find the right herb (and the right dosage) for your condition — and take the first step towards being your healthiest self.



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