



Kräuter-Biotika: Antibiotisch wirkende Inhaltsstoffe essbarer Wildpflanzen (German Edition)

Felicia Molenkamp

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Antibiotisch wirksame Pflanzenstoffe statt pharmazeutischer Antibiotika. Nicht nur die Pharmaindustrie, auch die Natur selbst stellt uns antibiotisch wirksame Stoffe zur Verfügung. Ätherische Öle, Bitterstoffe, Gerbstoffe, Harze und Glykoside können es mit den pharmazeutisch hergestellten, synthetischen Stoffen durchaus aufnehmen oder sie sogar übertreffen: Sie hemmen spezifisch schädliche Bakterien, ohne die erwünschten zu schädigen, und wirken grösstenteils auch gegen Viren, Pilze und andere Krankheitserreger. Aufschlussreich und auf unterhaltsame Art stellt die Autorin die Naturstoffe den chemischen vergleichend gegenüber, beschreibt ihre Eigenschaften und ihre Wirkungsweise und verbindet medizinisches Wissen mit praktischer Anwendung. Mit vielen Tipps, wie die pflanzlichen Zutaten einfach und schmackhaft in der Küche verwendet werden können.

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