

In rare cases, microbes can become resistant to herbal therapy. Learn how to overcome it.



## Resistance to Therapy

Recovery is an up and down process, but if things gradually and progressively stall out after a period of improvement, it could be that resistance to the protocol is developing. Microbes have a difficult time getting around the spectrum of substances in herbs, but it is possible.

### Important Strategies for Reducing Resistance

- **Use multiple herbs.** Combining herbs creates synergy that intensifies suppression of pathogenic microbes. Because the toxicity of herbal therapy is so low, this can be done very safely.
- **Rotate herbs.** One of the advantages of herbal therapy is that most herbs can be safely taken for very long periods of time (years). Even so, it makes sense to rotate your herbal regimen around every six months or so.
- **Use synergists.** Some herbs intensify the benefit of other herbs and make it more difficult for microbes to resist the effects. These are called synergists. Ginger and [Chinese skullcap](#) are very important synergists.
- **Drink a lot of ginger tea!** Ginger tea is possibly the most healthful beverage choice on the planet. Not only does it soothe the stomach, but it also enhances immune function.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Always consult your qualified healthcare provider before beginning any diet or program.

The Vital Plan is a company devoted to enhancing wellness through education, support, and herbal supplements.

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