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## **Natural Healing with Bacteria**

For A Healthy Body And Soul

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- **For a healthy body and soul**
- **Bacteria as medicine of the future**
- **With practical instructions, tips and case reports**

Bacteria are most often associated with diseases. Yet the truth is that without them there would be no state of health. Bacteria are vitally important »microbiomes« with an active role in the metabolism, hormone cycles, immune system activity, digestion, and food intake. Many illnesses are a result of microbiome disturbances: intolerances, gastric hyperacidity, irritable bowel syndrome, skin diseases, inflammations, ADHD, diabetes, overweight, and many more. Bacteria are the medicine of the future. For the first time ever, this book highlights the history, background, and development of bacterial and antimicrobial healing therapies. It explains function, diseases, and healing methods pertaining to the human body's microbiome. Next to ancient healing practices with bacteria and a list of commonly used microbiological therapies, the book also talks about probiotics and fibres. Including practical instructions, tips, and case studies on healing methods for physiological and psychological illnesses, better quality of life, or for preventive healthcare.

**Anne Katharina Zschocke MD:** Studied human medicine and naturopathic treatments, worked as physician and in applied horticulture, also internationally as consultant and freelance lecturer. She is considered one of the pioneers of holistic microbiology. Author of several bestsellers.