GOLD NUGGET

Why Honey Is Still The Best Antibiotic & Conventional Antibiotics Are Making Us Sicker In The Long Run

Antibiotic-resistant bacteria are increasing due to reckless dependency on prescriptions. Doctors carelessly prescribe antibiotics for viral infections, which is useless since antibiotics are only effective for breaking up bacterial infections. A 2013 report by the CDC sounds the alarm, reporting that over 2 million people contract antibiotic-resistant infections each year. **Conventional antibiotics are making users sicker in the long run, more vulnerable and more prone to infection.** To make matters worse, over-prescription and over-consumption make future infections harder to fight, such as golden staph, since antibiotics deplete the good bacteria in the gut.

During the 2nd World War honey was used very effectively to heal wounds. Researchers from the Salve Regina University in Newport, Rhode Island, are now rediscovering the reasons why raw honey is still one of the best natural antibiotics around to this day.

Honey Fights Infections On Multiple Levels And Doesn't Promote Resistant Bacteria

Lead author Susan M. Meschwitz, Ph.D., presented the findings at the 247th National Meeting of the American Chemical Society. She reports, "The unique property of honey lies in its ability to fight infection on multiple levels, making it more difficult for bacteria to develop resistance."

Honey Breaks Up Bacteria By Destroying Its Modes Of Communication

Honey also possesses properties that stop the formation of biofilms. These slimy biofilms are bacteria communities which harbor diseases. Honey keeps these biofilms from congregating by breaking up a bacterial communication process called quorum sensing. By breaking up this process, honey stops the bacteria from communicating and expanding their viability. Without this communication mode, the bacteria cannot release the toxins that increase their ability to cause disease.

Doctors Should Prescribe Honey First And Antibiotics As The Last Resort

Honey is so powerful for destroying bacteria that it should be the first mode of treatment when treating a bacterial illness. Doctors should prescribe honey first, since it attacks bacteria from multiple angles. Prescribed antibiotics should be the "alternative" therapy or the last resort. Honey is more powerful because it prevents the formation of antibiotic-resistant bacteria. Conventional antibiotics fail because they only target the essential growth processes of bacteria. This allows bacteria to build up a resistance over time, while the user also destroys the good bacteria in their gut.

Honey works much differently, breaking down the bacteria's communication processes while dehydrating the bacteria's structures through an osmosis effect. On top of that, honey is filled with powerful antioxidants in the form of polyphenols. Meschwitz adds, "Several studies have demonstrated a correlation between the non-peroxide antimicrobial and antioxidant activities of honey and the presence of honey phenolics."

Honey Is Also Antiviral, Anti-fungal And Full Of Antioxidants

Not only is honey anti-bacterial, but it is antiviral and anti-fungal. These properties alone make it more powerful than conventional antibiotics. Honey can target undetected fungal conditions that may be at the root cause of perpetual illness.

Farming Secrets says: Honey has natural properties but make sure it is unprocessed