



Natural Antibiotic Alternative #10 – Apple Cider Vinegar

Apple Cider Vinegar contains malic acid, an antibiotic substance and is a virtual infusion of amino acids, vitamins, and minerals. There is much evidence of its benefits to animals especially with garlic added.

It can treat a whole host of problems: **arthritis, first-degree burns, sore throat, laryngitis, cough, fatigue, aches and pains, dry hair/scalp, rough skin, headaches, shingles virus, indigestion, itchy skin, sprains, cold sores, urinary tract infection**, etc. Anything skin or respiratory tract related can be treated or improved with apple cider vinegar.

Drink apple cider vinegar with hot water, lemon, and honey to break up mucus and infection in your sinuses and relieve a sore throat. Break up that infected mucus and blow it out and away.

Apple cider vinegar is also shown to “improve insulin sensitivity in insulin-resistant subjects,” which means it is an effective treatment for **diabetes**. “This makes apple cider vinegar a powerful natural weapon, along with cinnamon and chromium, in the fight to control blood sugar and help get carbohydrate metabolism on track” ^{1*}



Be aware that apple cider vinegar can have some adverse effects if you take certain medications.

Natural Antibiotic Alternative #11 – Ginger

Upset stomach? Stomach flu? Drink some ginger tea. But that’s not all ginger is good for! “Research conducted at RMG Biosciences of Baltimore showed that extracts of ginger and galangal, a member of the ginger family, helped inhibit the manufacture of inflammatory brain chemicals, and in turn slowed down the progression of neurodegenerative disorders such as **Alzheimer’s**” It has also been shown “effective in reducing the symptoms of **knee osteoarthritis**”

“At least one study that compares the effects of ginger and antibiotics on *Staphylococcus aureus* and *S. pyreus* infections shows that ginger extract may be superior...Ginger has been shown to have an antibacterial effect on respiratory and periodontal infections.” ^{*2}



Using ginger the following are treatable: **angina, arthritis, bursitis and tendonitis, cervical dysplasia, colds and flu, ear infections, flatulence, headache, heart disease, hives, indigestion, intermittent claudication, intestinal parasites, morning sickness, motion sickness, nausea, Raynaud’s phenomenon, sinus infections, sports injuries, and stroke.** ^{*3}

In addition, ginger has antiviral benefits, which means it is able to treat “viral infections including colds, influenza, **hepatitis, herpes, yellow fever, measles, chicken pox, and enterovirus**” ^{*4}

Farming Secrets says: An Amazing Number of Cheap but Affective Remedies at Our Fingertips

^{1*} (*The Most Effective Natural Cures on Earth*, 298). ^{*2} GreenMedInfo.com ^{*3} (*The Home Reference to Holistic Health & Healing*, p 88). ^{*4} (*Herbal Antivirals*, p 172)