



5. Apple Cider Vinegar

This miracle vinegar, which is made from fermented apple extract, is a nutritional powerhouse, and great for maintaining excellent health. This is because it's both antiseptic and antibiotic, making it great for combating bad bacteria. It's also great for balancing the pH level (acidity vs. alkalinity) in the body, which means that bacteria have a lesser opportunity to breed.



6. Virgin Coconut Oil



Coconut oil is a highly effective antibiotic, which also happens to be antibacterial and antifungal. Due to the latter property, coconut oil is an excellent remedy for dandruff or other fungal infections of the scalp. Furthermore, coconut oil has wonderful antioxidant properties, which means that it can help slow down aging, keeping hair and skin looking

their best.

7. Grapefruit

While the benefits that the consumption of grapefruit has on the skin is talked about widely, not much is said about its antibiotic properties. A recent study showed that grapefruit seed extract was effective against more than **800** different forms of virus and bacteria, as well as over **100** different types of fungus.



8. Fermented Food



Fermentation is usually either thought of in the context of produce going bad, or alcohol being made, however, fermentation is actually a process involving good bacteria having an effect on a given type of food. When it occurs, many compounds are generated, thus antibiotic properties are added. Common examples of fermentable food items include pickles, probiotic yogurt, and unpasteurized cabbage.

9. Oregano Oil

More well-known for adding flavor to pizzas or salads than anything else, oregano is also great for helping digestion, as well as weight loss. The herb is antibacterial in nature. An oil is made out of oregano, and it's known as Carvacrol. It's immensely good at treating both stomach and intestinal tract infections. This oil can also help treat yeast infections.



Farming Secrets says: Try To Incorporate All Of These In Your Daily Routine

Ref: BabaMail.com