NATURAL ANTIBIOTICS
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Introduction

Today’s medicine has turned our need for a healthy life into slavery for the pharmaceutical industry and the greedy corporations that collect enormous sums of money from the suffering of billions of people worldwide.

We do not condemn the actual use of medication, obviously. The current progress of the medical field has cured many lives. However, in case of total lockdown, we might find ourselves helpless and in desperate need for cures that we might not find as easy as we do today.

When the EMP disaster will hit, drugstores all over the country will soon run out of supplies. Hospitals will find it almost impossible to cope with the incoming hordes of patients.

Most of the critically ill persons will have no chance and perish as soon as their treatment will become unavailable and impossible to produce due to the lack of electrical equipment in the laboratories.

For the rest of us, lucky enough to escape without severe injuries, a backup plan for our daily health will be crucial. Imagine that there will be no more flu vaccines or medicine available. Also, in case of accidental injuries, you will need strong medication, like antibiotics, to help the wounds cure in a timely and secure manner.

You might need to have a large stash of antibiotics to cure your entire family for at least the next decade. That feat is almost impossible to achieve. Not to mention, that every pill of antibiotics you take creates a strong emission of probiotics in your organism that leads to future immunity towards other types of medication. The result will be that even if you are cured, the next cold you get will probably be fatal.
When we take an antibiotic we kill the bacteria responsible for making us sick. That’s a good thing, right?

If that was the only thing antibiotics did, then that IS a good thing. The problem is that antibiotics also destroy the good bacteria in our guts where 60-80% of our immune system resides.

So, while we are getting a temporary benefit from relieving ourselves from an infection, we are setting ourselves up for major health problems in the future.

You see, our gut is home to approximately 1000 different species of bacteria. They help us digest food, create vitamins, fight off unwanted pathogens and more! Bacteria are pretty amazing when the want to be.

Unfortunately, antibiotics don’t play favorites. They do not just target the one pathogen that is causing a strep infection. They kill off the good bacteria in our gut as well.

To prevent all of the above issues, you will have to get us much information as possible about natural antibiotics that you can produce and store for long periods of time. Read on, and you will gain the right knowledge that will save yourself and your family.
Healthy bacteria and Antibiotics

While antibiotics may be necessary to cure life-threatening infections, they won't be of any help against viral infections, like the flu.

Also keep in mind that minor infections like ear or urinary tract infections with E.Coli can be treated without the help of antibiotics.

Whenever you use an antibiotic, you're also increasing the risk to develop infections with resistance to that antibiotic, and you can become the carrier of this resistant bug and spread it to others.

Also keep in mind that many of the foods you eat contain a dose of antibiotics. In order to protect your gut bacteria, you should buy primarily antibiotic-free, organically raised meat and produce.
Since conventionally farmed food is often grown in fertilizer derived from factory-farmed animal waste and human sewage, they represent a source of contamination with antibiotic-resistant bacteria.

Having the right bacteria in your gut has an enormous influence on your health. In fact it is likely that one of the main benefits of eating healthy is that it will nurture the right types of bacteria growing in your colon.

This is one of the reasons why taking antibiotics can be as dangerous as they kill beneficial bacteria in your gut and can lead to overgrowth of yeast, which will cause your body to gain surplus weight.

To promote the positive actions of the good bacteria growing in your body, make these XX food choices:

1. You can start by eliminating, sugars, fructose and most grains from your daily diet. Ideally, your gut should contain a ratio of 85 percent "good" bacteria to 15 percent non-beneficial bacteria, but the high-sugar Western diet has caused this ratio to actually reverse in many people. So the bad guys out number the good guys- the numbers have been reversed and the good bacteria is only 15% and the bad 85%

To make sure you're on the safe side, keeping your TOTAL fructose consumption below 25 grams per day is a plus. However, for most people it would actually be wise to limit your fruit fructose to 15 grams or less, as it is virtually guaranteed that you will consume “hidden” sources of fructose from most beverages and just about any processed food you might eat.

2. Eat fermented foods like raw milk yogurt and kefir, fermented soy, some cheeses, and sauerkraut are good sources of natural, healthy bacteria, when they are not pasteurized.
3. Consider adding various pickled fermentations of cabbage, turnips, eggplant, cucumbers, onions, squash and carrots to your diet.

If you do not eat fermented foods on a regular basis, taking a high-quality probiotic supplement is definitely recommended as an "insurance policy" to make sure your colon is balanced with good strains.

Your food choices will ultimately determine your figure and overall health. If you eat a lot of processed foods, your gut bacteria are going to be compromised because processed foods in general will destroy healthy micro flora and feed bad bacteria and yeast.

Probiotics will NOT counter or reverse the effects of antibiotics

Every study we cited so far clearly showed that the use of antibiotics may cause permanent damage to your gut flora.

While traditional medicine has promoted the myth that if you simply take a probiotic supplement after your antibiotic, you'll be alright; truth is that probiotics cannot recolonize your intestine.

They are good for relieving symptoms when you are forced to take antibiotics, and they prevent infection with bad bacteria like Clostridium. But nothing more, as antibiotics cause a permanent extinction of some species of intestinal bacteria, and probiotics cannot change that.

Instead, an immune-boosting, antibiotic-avoiding strategy as part of your long-term weight loss plan will prove to be the right long-term solution for a healthy, slim body.
6 Foods with Powerful Antibiotic Properties

Certain foods have proved to be very efficient, even miraculous in stimulating immune function, increasing resistance to infection, and inhibiting the action of pathogenic microorganisms.

This list of 6 natural, unprocessed foods will allow you to keep your immune system functioning at its best, without the side effect antibiotics.

Including these in your daily diet can keep your body healthy without the use of traditional medicine. It's a lifetime commitment, but one that will turn out to be easier to put to practice than you've imagined, as these foods are downright delicious, not to mention extremely easy to find on the market.

1. Manuka Honey

Civilizations all over the world consider honey one of the best natural antibiotics, antimicrobials, anti-inflammatories, and antiseptics known to man.

Honey has been used from ancient times to relieve a number of health problems including allergies and sinusitis, sore throats, inflammatory bowel disease, tooth decay & gingivitis, and also for improving immunity and sleep. Soothing to the digestive system, honey removes toxins from the blood and helps your liver operate more efficiently.
Romans used honey on the battlefield to treat wounds and prevent infection.

Today, New Zealand’s Manuka honey has been proven to have the highest levels of antioxidants and curative powers. A Study by New Zealand University of Waikato in 1981 found that manuka honey contains more antibiotic enzymes than regular honey.

The enzymes generate hydrogen peroxide which works as an antibacterial. This process helps your body fight infection and prevents the growth of bacteria.

Another antibacterial component in manuka honey is methylglyoxal (MG), a compound found in most types of honey, but usually only in small quantities. The higher the concentration of MG, the stronger the antibiotic effect it will be.

Perhaps the best news about manuka honey is that it can work against bugs that have developed resistance to regular antibiotics, shows a 2008 study by the Infectious Diseases Society of America. Its antibacterial properties are effective in the treatment of the bacterium H. pylori and stomach ulcer.

A great boost to the immune system, consider combining honey with cinnamon to strengthen your white blood cells! Raw, organic honey is the best option since most pasteurization methods kills the antioxidant effects.

Honey is one of few foods (alongside salt, sugar, dried rice) that have practically an eternal life-shelf, and can remain preserved in a completely edible form for thousands of years, as delicious as it was on day one.
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**HOW TO USE:**

Take 1 teaspoon 1-3 times per day.

You can also mix it with 1/2 teaspoon of cinnamon to treat common cold.

For obesity, high blood pressure and high cholesterol mix it in a glass of water with 5 to 10 drops of apple cider vinegar and drink it early in the morning daily.

When applied topically, manuka honey can kill a wide range of pathogens including MRSA and flesh eating bacteria. It was also found that the treated bacteria did not build up any resistance.

**WARNING:**

*Never eat cooked honey as the heat transforms the honey molecules into non-homogenized glue that adheres to mucous membranes and clogs subtle energy channels, creating cellular toxicity leading to immunological dysfunction. It can also clog and thicken the arteries obstructing normal blood flow to vital organs.*

*Raw honey is not recommended for infants under the age of 18 months, the very elderly, or others with compromised immune systems.*

2. Garlic

A recent 2012 study by the Washington State University found that a single compound from garlic called allicin is 100 times more effective
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than two popular antibiotics used in the treatment of intestinal infections caused by the bacterium species Campylobacter bacterium.

Many other scientific research projects suggest that raw garlic has incredible healing properties. It is also a potent antibiotic capable of helping jock itch, stomach cancer, and athlete’s foot.

Garlic has been used as an antiseptic for centuries, applied to wounds to prevent infection, and was also given to soldiers in both world wars, to prevent gangrene caused by bacterial infection.

A study published in the Journal of Antimicrobial Chemotherapy revealed that the garlic compound called diallylsulphide effectively penetrated the protective bio-layer formed by colonies of bacteria (campylobacter bacterium), dissolved it and eventually destroyed the bacteria - bacteria 1000 times more resistant to antibiotics due to its protective bio-film.

The garlic compounds were able to destroy bacteria in only a fraction of the time taken by antibiotics like erythromycin and ciprofloxacin.

Research has shown that the risk of developing colon and rectal cancer can also be slashed considerably by consuming high doses of aged garlic extract, which, when taken for over twelve months, can reduce the chances of developing more tumors.

In a 2001 Michelle H. Loy and Richard S. Rivlin MD published an article on cardiovascular effects of allium derivatives from garlic, which revealed that garlic has anti-thrombosis and antioxidant properties, a
truly great discovery for people suffering from conditions like Alzheimer’s and heart disease.

Garlic is a good source of minerals like selenium (higher than any other plant source), calcium and phosphorus plus a very good source of vitamin C, B6 and manganese.

**HOW TO USE:**

Heating, microwaving and even drying will substantially decrease the allicin content in garlic. When consumed raw these compounds are at high concentration.

**HINT:** Still, if you do need to expose garlic to heat, limit the cooking time of garlic as much as possible (5-10 minutes) and make sure you crush it first and let it stay for 10 minutes, as to ensure the maximum synthesis of allicin, which makes it more stable and resistant to the heat of cooking.

The best choice is to eat crushed raw garlic that is allowed to sit in room temperature for 10 minutes. As a therapeutic dose, even serious infections will go away, when you consume 2-3 fresh cloves of average size.

**WARNING:**

*For some people eating raw garlic on an empty stomach can cause irritation to the digestive tract. A study published in 2005 in the American Family Physician noted that consumption of excessive amounts of raw garlic, especially on an empty stomach, can cause gastrointestinal upset, flatulence, and changes in the intestinal flora. It was found that garlic can also prolong bleeding, so it is best you stop taking it at least two weeks before a scheduled surgery.*
3. Grapefruit

Grapefruit is a great source of vitamin C, fiber, potassium, pectin, and many other nutrients. These components have antioxidant effects that help protect cells from damage and can also reduce cholesterol.

Grapefruit is taken in oral form and can kill an astounding 800 different strains of viruses and bacteria, including yeast infections, show a study from *The Journal of Alternative and Complementary Medicine*.

This natural antibiotic can also eliminate over 100 types of fungus and a good number of single-celled parasitic organisms, making it one of the most beneficial foods as far as natural medicine go.

In agriculture, grapefruit seed extract is used to kill bacteria and fungus, fight mold growth, kill parasites in animal feeds, preserve food and disinfect water.

One of the most recognized benefits of grapefruit essential oil and other citrus oils is their positive effect on the lymphatic system, which plays a role in your body's detoxification mechanism. Using these oils can help boost the activity of lymph glands. This can prevent problems like poor circulation, allergies, cellulite, and fluid retention.

Grapefruit essential oil is also known for its antimicrobial effects. One study reports that this oil is effective against strains of bacteria like *Staphylococcus aureus*, *Enterococcus faecalis*, *Staphylococcus*
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epidermis, Escherichia coli, Salmonella thyphimurium, Serratiamarcescens, and Proteus vulgaris.

Grapefruit seed oil inhibits the formation of harmful intestinal organisms, including Giardia, without reducing levels of healthy bowel flora.

Some people inhale grapefruit vapors to help the body retain water, for headache, stress, and depression. Grapefruit seed extract vapor has also been inhaled to treat lung infections.

The rich pink and red colors of grapefruit are due to lycopene, a carotenoid phytonutrient. (Lycopene is only found in pink and red grapefruit. White grapefruit does not provide this carotenoid.) Lycopene appears to have anti-tumor activity. Among the common dietary carotenoids, lycopene has the highest capacity to help fight oxygen free radicals, which are compounds that can damage cells.

Grapefruit also contains pectin, a form of soluble fiber that has been shown in animal studies to slow down the progression of atherosclerosis. In one study, animals fed a high-cholesterol diet plus grapefruit pectin had 24% narrowing of their arteries, while animals fed the high-cholesterol diet without grapefruit pectin had 45% narrowing.

Both blond and red grapefruit can reduce blood levels of "bad" cholesterol, and red grapefruit lowers triglycerides as well, shows a study published in the Journal of Agricultural and Food Chemistry.

HOW TO USE:

Eating 1/2 grapefruit or drinking the juice of one grapefruit daily appears to reduce total cholesterol, LDL cholesterol and triglyceride
levels in people with high cholesterol and also promotes weight loss in overweight people.

**WARNING:**
There is big controversy regarding the benefits of grapefruit seed extract, as it was found that the chemical process involved in making the extract is adding toxic elements to the combination.

A 2001 study found that the primary active ingredient in commercial preparations of grapefruit seed extract was benzethonium chloride or benzalkonium chloride, both synthetic compounds. The Environmental Working Group lists benzalkonium chloride as a known immune system toxin and respiratory toxin, commonly used in drain cleaner, disinfectants and other cleaning products.

Grapefruit juice decreases how estrogen is broken down in the body and might increase estrogen levels in the body. Some research suggests that postmenopausal women who consume a quart or more of grapefruit juice every day have a 25% to 30% increased chance of developing breast cancer.

Also it is a known fact that grapefruit interacts with a long list of medications, so be sure to check with your doctor before adding this to your daily diet.

4. Raw Apple Cider Vinegar (ACV)

4. Apple Cider Vinegar
Apple cider vinegar has been proven to help people lose weight as researchers suggest that this type of vinegar may turn on certain genes involved in breaking down fats.

Aside from its weight loss properties, its antibacterial, antifungal and antiviral characteristics make it an effective remedy for acne, dandruff, candida, and sore throat, flu, and ear infections.

ACV also helps dissolve kidney stones and by optimizing the blood’s interaction with insulin, helps with type 2 diabetes.

**HOW TO USE:**
Dilute 1-2 tablespoons in a big glass of water, and sip it along with your meals one or two times a day. Distilled white vinegar is perfect for cleaning and laundry, but for health purposes you’ll want organic, unfiltered, unprocessed vinegar, which is murky.

**WARNING:**
You should never drink apple cider vinegar straight. Its high acidity will harm your tooth enamel and esophagus. If you have gastro paresis, a common problem with diabetes that slows stomach emptying, be careful. Early research shows apple cider vinegar may make this problem worse.

5. Oregano Oil Extract
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Oregano contains: fiber, iron, manganese, vitamin E, iron, calcium, omega fatty acids, manganese, and tryptophan. It is also a rich source of vitamin K and dietary antioxidants.

Oregano oil extract is unbelievably efficient in treating a long list of diseases.

This specific type of oil is made from the leaves and flowers of the oregano plant, preserving the plant's natural antimicrobial, antibacterial, antiphrastic, antiviral, and anti-fungal properties.

A group of Portuguese researchers found that Origanum vulgare essential oils were effective against 41 strains of the food pathogen Listeria monocytogenes.

A team of British and Indian researchers reported that the essential oil of Himalayan oregano has strong antibacterial properties that can even kill the hospital superbug MRSA. One of the professors who was part of the research, declared:

"We have done a few preliminary tests and have found that the essential oil from the oregano kills MRSA at a dilution 1 to 1,000. The tests show that the oil kills MRSA both as a liquid and as a vapor and its antimicrobial activity are not diminished by heating in boiling water."

The United States Department of Agriculture vouched for the germ-fighting properties of the oil and brought scientific evidence that it can also be effective against salmonella and E. coli.

The potent oregano oil extract can help wounds heal faster; is highly effective against the common cold and reduces respiratory and digestive problems, altogether.
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**HOW TO USE:**

Oral administration of oregano oil for 6 weeks may help reduce inflammation of the gut and fight certain parasites and bacteria that cause unpleasant gastrointestinal symptoms.

Because oregano oil can be very intense and even dangerous in its undiluted form, take capsule supplements or mix 3-6 drops of undiluted drops with a small glass of juice, water, or milk before consuming.

When purchasing a supplement, look for a concentration of caracole of 70% or greater.

**WARNING:**
*Oregano might lower blood sugar levels. People with diabetes should use oregano cautiously.*

6. Cabbage

Cabbage is packed-full with a great deal of vitamin C.

Official studies conducted by *The United States Department of Agriculture* found that its vitamin C content is at 36.6mg per 100 grams, which means one bowl provides you with all of your daily Vitamin C needs.
The key compound in this cruciferous vegetable is sulfur, used by bodily processes to produce its own top antioxidant - glutathione, which kills harmful bacteria without damaging the healthy one, and can also help fight cancer. More so, cabbage improves your digestion and even helps you keep a slim waist.

**HOW TO USE:**
Cabbage can destroy a variety of bacteria in test tubes, including H. Pylori bacteria. For treating gastric and duodenal ulcers mix about 180 ml of fresh cabbage juice with a teaspoon of honey, and drink it twice daily. This juice can also be used to treat some other infectious diseases like obstructive jaundice and bladder infection.

**WARNING:**
*If you have an under-active thyroid gland it is best to avoid cabbage. Cabbage can also influence blood glucose levels and interfere with blood sugar control during and after surgical procedures, so it is best to stop using cabbage at least 2 weeks before a scheduled surgery.*
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Final Thoughts

Antibiotics may be a life-saving miracle, but they can wreak havoc to our hormonal system by disrupting our healthy intestinal bacteria.

Their damaging effects on the GI flora can be irreversible, not to mention they put us at risk of developing dangerous situation of antibiotic-resistance.

Antibiotics promote thyroid disease, menstrual disorders, and estrogen dominance. Even a few courses of antibiotics are enough to increase a woman’s risk of breast cancer by 150 percent.

Don't use antibiotics unless you have a life threatening infection.

Boost your immune system by adding to your diet foods that are natural antibiotics and by only those animal products that are antibiotic-free.