

Food & Herbs Natural Antibiotics



Garlic

Research has confirmed that garlic possesses numerous antioxidants that kill bacteria and free radicals in the blood stream. It is also an anti fungal. Bacteria in the body does not appear to develop resistance to garlic as they do to many antibiotics. Active Ingredient: Allicin which is antibacterial and also anti viral. It can attack and destroy a variety of viruses and fungal infections, such as candida.



Manuka Honey

Manuka honey comes from Australia and New Zealand. When applied topically it can kill a wide variety of pathogens, including MRSA and flesh-eating bacteria. Not all Manuka Honey is active, you have to make sure you get an active type. Manuka Honey has been used by the Maori People for centuries for an upset stomach and as a salve on open wounds in the skin.



Cranberries

Cranberries prevent and treat bladder infections. Cranberries prevent bacteria from latching onto the walls of the bladder and urinary tract by altering bacteria such as E. coli—responsible for illnesses such as kidney infections and the flu—to prevent them from forming the biofilm necessary for an infection to develop.



Turmeric

Turmeric's essential oils contain a wealth of antibiotic molecules, making this antibacterial food useful for treating topical cuts and wounds. Turmeric is also often taken in Ayurvedic medicine to prevent and treat colds and other internal infections. **Note:** Cooking can destroy the fragile antibacterial molecules in turmeric.



Oregano

Essential oils in oregano lend this herb antibacterial powers that have been shown to fight against salmonella and E. coli bacteria. Oregano oil is also useful at boosting immunity and preventing and treating common colds. Because oregano's antibacterial powers are found in its oil, an oregano oil supplement is better for health than dried oregano leaves.



Peppermint

Peppermint is commonly used in toothpaste, mouthwash and other oral hygiene products—and for good reason, too. Peppermint oil has antibacterial powers that help to kill bad breath-causing bacteria in the mouth. A 2006 study found that peppermint oil was effective against 22 different strains of bacteria.



Onions

They also contain flavonoids, which are pigments that give vegetables their colour. These compounds act as antioxidants, have a direct antitumor effect and have immune-enhancing properties.



Horseradish

The pungent chemical allyl isothiocyanate, formed when horseradish is cut, is the active constituent responsible for the stated antibacterial effects.



Coconut Oil

Medium-chain fatty acids found in coconut oil have antibacterial, antiviral and antiprotozoal effects. The Lauric acid helps to destroy pathogens by dissolving the lipids and phospholipids in the fatty envelope surrounding them, resulting in disintegration.



Cinnamon

Cinnamon is a good antifungal and antibacterial agent. The healing properties of cinnamon are from the essential oils found in its bark. It is active against at least 60 strains of bacteria, including gram-positive and gram-negative bacteria.