

Exploring Natural Antibiotic Remedies

*How would you treat an infection if you weren't able to visit a pharmacy or doctor?
Are you able to think outside the box of modern medicine?*

Let's Explore Natural Antibiotics...

ANTIBIOTIC: "anti" = against "biotic" =life

Inhibits growth of, kills germs, bacteria & harmful microbes (aka antiseptic, antimicrobial)

Chemical Antibiotics tend to gradually damage specific body systems and/or eventually become ineffective toward developing bacteria

Vs.

Natural Antibiotics gently support the body by boosting immunity & resistance to harmful bacteria

Let's study more about Natural ANTIBIOTICS...

Source of Study Notes: "HERBAL ANTIBIOTICS" by Stephen H. Buhner

*"We've meddled with the microbial world and created bacteria
more tenacious and virulent than any known before"*

(S. Buhner, page 16)

What can I do?.....Renew your mind & educate yourself!

THE GOAL & FOCUS:

Study 5 historically used & scientifically proven natural antibiotics that are easily accessible for the average family

IMPORTANT NOTE:

This video is for EDUCATIONAL PURPOSES ONLY & is NOT intended to diagnose, treat, cure or prevent any illness or disease.

Consult with your medical practitioner.

Let's begin...

#1 GARLIC (top choice)

Antibacterial, Antiviral, Antiseptic, Antiparasitic, Diaphoretic, Immune Stimulating & More

BENEFITS: Multiple System Actions, Antibiotic activating, Immune Potentiating. Kills harmful bacterial in gastrointestinal tract as soon as contact. Also lowers blood pressure & cholesterol count.

A Simple Method: Dip an unpeeled clove in olive oil, then bake on low for approximately 30 minutes (or microwave 30 seconds) & eat . Also effective as a healing oil for ear infections.

#2 ALOE VERA

Antibacterial, Antiviral, Anti-inflammatory, wound healing accelerator

BENEFITS: The external use of aloe vera keeps tissue moist, soothes damaged cells & restores lost body fluids.
Good for burns & skin infections

A Simple Method: Slice open leaves of a fresh plant and apply liberally to any burn or wound

#3 HONEY

Antibacterial, Antiviral, Anti-inflammatory, Anti-allergenic, Anti-anemic, Antifungal, Anticarcinogenic,
Expectorant, Immune Stimulating & Cell Regenerator

BENEFITS: Honey contains nectar from medicinal plants, enzymes, trace minerals, proteins, carbohydrates & many other helpful compounds. Great for respiratory conditions such as bronchitis, asthma, sinusitis, colds, flu & other immune problems

TIP: Invest in RAW LOCAL Honey for Maximum Benefits (Contact your community beekeeper or health food store)

CAUTION: Avoid use of honey in children younger than 2 years old until their digestive systems are more fully formed

A Few Simple Methods: (external) Honey can be used directly on burns, ulcerations, bed sores, impetigo, wounds etc. It is even a great facial mask
(internal) Honey can be taken for preventative purposes as 1 TBS 3x's a day OR acute purpose at 1 TBS each hour (Also great in herbal teas)

#4 GINGER

Antibacterial, Antiviral, Anti-inflammatory, Anti-nausea, Antifungal, Analgesic, Anti-arthritis, Carmative, Anti-Clotting agent, Diaphoretic & More

BENEFITS: Ginger relieves pain, stimulates immune activity, reduces inflammation, helps reduce fever by stimulating sweating. It also helps warm extremities & prevents chills by stimulating peripheral circulation. Ginger can help reduce or eliminate diarrhea (anticramping)

A Simple Method: Prepare as a tea by chopping 1 ½ tsp of ginger root in 8 oz water & simmer 10 minutes. Sweeten to taste & drink warm.

#5 SAGE

Antiseptic, Astringent, Tonic, Expectorant, Diaphoretic

BENEFITS: Sage has a moderate, yet consistent antibacterial activity. It is good for dysentery (infection with severe diarrhea), throat & respiratory conditions. Sage can also be used for infected wounds.

A Simple Method: Fever or Throat Infection- Heat 8 oz water & steep 2 tsp of sage leaf for 15 minutes. Gargle 3-6x's a day.

I hope you're inspired to LEARN MORE & LISTEN TO YOUR BODY

Consider purchasing or checking out this book (Herbal Antibiotics) from the library. There is more helpful information within.

"O LORD, how many have been Your works! You have made all of them in wisdom. The earth is filled with Your possessions."
Tehillim (Psalms) 104:24