

# NATURAL ANTIBIOTICS

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## IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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## Introduction

Following are natural antibiotics and immune boosters that can be readily procured over the counter from good health stores.

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## Antibiotics

**Garlic** - is effective in treating bacterial, viral, fungal and parasitic infections. Its active compound is allicin, which is similar to penicillin.

Garlic also helps to treat staph and strep infections, germs that are resistant to traditional antibiotics. It also covers a broad spectrum of bacteria. 1 x clove of chopped raw garlic can be added to food 2 - 3 x daily. Garlic oil can be used for ear infections, 10-20 drop 3 x daily in the ear, and can be applied topically to the skin for scrapes, burns, and abrasions.

Alternatively, garlic capsules can be taken instead of the raw preparation. Aged garlic supplements have been shown to be particularly effective.

**Propolis** - nature's Penicillin - a natural antibiotic, that has no such side effects. Propolis has also been shown to fight bacterial strains that have become resistant to synthetic antibiotics.

**Bee Pollen, Royal Jelly, Propolis, and Honey** - natural antibiotics for allergies, bruises, burns, cancer, herpes zoster, fatigue, sore throats, nasal congestion, respiratory ailments, acne, skin disorders, sunburn, shingles, respiratory infections, flu, colds, coughs, ulcers, and wounds.

**Honey** - is effective against bites, stings and cuts. Additionally, honey is better than pharmaceutical antibiotics against certain strains of bacteria such as Salmonella and can completely stop the growth of wound infecting bacteria. It is also used for the treatment of asthma and breathing related conditions.

**Hydrogen peroxide** - 8 x drops 35 percent hydrogen peroxide in 250 ml spring water, 3 x daily. **Do not exceed dose or dilution strength.**

For ear infection, 2 x drops 3 percent hydrogen peroxide, inside the ear canal. Let it bubble for about two minutes, then tilt the head to drain it off. **Do not exceed dose or dilution strength.**

For flu, it helps to regularly sip highly diluted hydrogen peroxide - a few drops of 3 percent hydrogen peroxide, added to a large jug of water. Take one or two sips regularly throughout the day. **Do not exceed dose or dilution strength.**

Note: To create a 3% dilution from 35% hydrogen peroxide mix 1 part 35% hydrogen peroxide with 11 parts distilled water.

**Wild Indigo** - powerful natural antibiotic and anti-inflammatory. It will help a sore throat, swollen glands, tonsillitis, bronchitis, and mouth sores. 30-40 drops of the liquid form, 3-4 x daily for up to 6 weeks. Wild Indigo also can be combined with Echinacea.

**Olive leaf** - can fight almost any type of infection - bacterial, viral, fungi and parasites. 250 mg, 3 x daily with meals to treat the flu, colds, sinusitis, herpes, psoriasis, and allergies etc.

Olive leaf has strong anti-bacterial and anti-viral qualities and acts as a broad spectrum antibiotic. It is useful in the treatment of fungal or yeast infections, fatigue, and allergies. It is also effective against colds and flu. There are reports of its effective use in blood sugar regulation and in the treatment of high blood pressure.

**Colloidal Silver** - as per manufacturer's instructions.

**Cinnamon and Honey** - these can be combined to help deal with a number of infections and illnesses. The daily use of honey and cinnamon powder augments the immune system and protects the body from bacteria and viruses by strengthening the white blood cells. Always use pure, unpasteurized honey (raw honey) as the pasteurization process kills some of the active ingredients.

One teaspoon of lukewarm honey and 1/4 teaspoon of cinnamon 1 x daily for 3 days will help coughs and colds and to clear the sinuses. For a toothache, make a paste with 1 x teaspoon of cinnamon and 5 x teaspoons of honey. Apply to the painful area 3 x daily. Bladder germs are killed by 2 x tablespoons of cinnamon and 5 x teaspoons of honey in 8 ounces of water.

For skin infections, eczema, ringworm, insect bites, and burns, use equal parts of cinnamon and honey to make a paste and apply as needed.

Acne can be helped with 3 x tablespoons of honey and 1 x teaspoon of cinnamon applied overnight and washed off of the next day. Do this daily for 2 weeks and to treat the skin where acne starts.

**Cayenne Pepper in Tomato Juice** - as a natural antibiotic and as an immune booster/antioxidant. 1 x heaped teaspoon of cayenne pepper in 1 x glass of tomato, 2 x daily (am and prior to retiring).

**Aloe Vera** - has antiseptic and antibacterial properties that help in the treatment of sore throats, to prevent skin cancer, restore damaged tissues, sunburns, and to disinfect the skin.

**Grapefruit seed extract** - a disinfectant and that can be used to reduce skin rashes. It also kills bacteria such as Strep, Staph and Salmonella.

**Bitter Melon** - is used against gastrointestinal infections, and it also serves to lower the blood sugar levels of diabetics.

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### **Immune Boosters**

**Echinacea** - works in a similar fashion to garlic, fighting bacteria, fungi and viruses. it supports the lymphatic system and acts as a blood purifier, and also stimulates the immune system by increasing production of the cells that attack infection. Echinacea it is very useful against skin disorders, and helps to build resistance against infections. 300 mg every 2 hours for the first day of an illness. Then 300 mg, 3 x daily for 7-10 days. Echinacea should not be taken for more than 10 days.

**Vitamin C** - to build the immune system by increasing the production of white blood cells to fight infections. 1,000 mg, 3 x daily.

**Zinc** - mineral that helps to build resistance against infections. 30 mg daily.

Slippery Elm - is used against gastritis, indigestion, mucous build-up, and bronchitis and bleeding from the lungs.

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### **Essential Oils**

Helpful essential oils for destroying airborne bacteria and viruses include the oils of lemon, oregano, thyme, pine, cinnamon, cloves, peppermint, lavender, rosemary, and tea tree.

Add a few drops of the appropriate oil to a humidifier, atomiser, or aromatherapy burner, and let it run for a few hours.

**Tea tree oil** - contains antiseptic compounds that act as skin disinfectants. It is useful in the treatment of ringworm, fungal infections of the toenails, yeast infections, bad breath, and acne.

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