



# How to Make Natural Antibiotics

With growing reports about antibiotic resistant bacteria, now is an ideal time to explore the possibility of trying to heal the body naturally first. While natural remedies should never replace the diagnosis from a medical professional, they can help turn a possible infection into something more manageable if applied and when initially presented.

## Steps

- 1 Fight digestive and sinus infections with oregano oil.** Take oregano oil by mouth as directed to address digestive issues including some forms of food poisoning. Inhale oil directly to reduce and possibly eliminate the impact of a sinus infection.
  - Pour oil into a ceramic mug or small glass bowl. Heat in the microwave (or in a pan on the stovetop) until oil is simmering.
  - Hover over the mug or bowl and cover your entire head with a towel. Keep towel open toward mug or bowl.
  - Breathe deeply and inhale oil--keep eyes closed to avoid irritation.
- 2 Kill the common cold and other common bacteria, yeasts, parasites and viruses with garlic.** Considered to even fight MRSA, garlic is the age-old remedy for a variety of ailments.
- 3 Crush one peeled clove of garlic in a garlic press.** Make sure you do this over a bowl or paper towel to catch any liquid.
  - Mince crushed garlic well with a knife and allow to stand for 5 minutes before consuming.
- 4 Reduce the duration of the common cold with Echinacea.** A recent study showed that participants reduced the average duration of their cold by 26%.
  - Take 3 doses of Echinacea during cold and flu season to reduce the likelihood of getting sick and/or shortening the duration.
  - Drink tea with Echinacea if you prefer over supplementation.
- 5 Defend against MRSA and other skin-borne infections with turmeric.** When applied directly to infected cuts or boils turmeric acts as a powerful antibacterial agent.
  - Combine 2 parts turmeric with 1 part distilled water. Mix well to form a paste.
  - Slather paste over wound and allow to dry.
- 6 Halt infections like strep and infections of the skin with honey.**
  - Apply directly to infected skin and allow to sit on the skin.

## Community Q&A

### How do you make oregano oil?



Zora Degrandpre,  
N.D.

You can add about 1 cup of chopped oregano leaves to a glass jar, and add enough olive oil to cover the leaves. Place the jar (uncovered) into a pan of boiling water and let it stand for 10-15 minutes. Remove the jar from the water (carefully!) and lightly cover the jar. Once the jar has cooled, tighten the lid and place the jar in a sunny spot. Shake carefully every few days and leave the jar in the sun for 2 weeks. After the 2 weeks, strain the oil and store in a cool,

dark place.

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## Things You'll Need

- Oregano/oregano oil
- Garlic
- Echinacea
- Turmeric
- Honey

## Tips

- When consuming garlic, it must be fresh and not pre-minced or jarred.
- Never eat whole raw garlic as it may upset your stomach.
- When using honey, go for the natural, raw version.
- While proven to be effective in some cases, taking herbs or natural substances should not replace a diagnosis and treatment plan from a doctor or medical professional.

## Warnings

- Please do not use these for serious ailments.
- Please consult a doctor and your pharmacist before use to ensure that these are not going to interact with your medication in a harmful way or harm you( maybe you happen to be allergic as some allergies may mean you are automatically allergic to a whole group of them).<sup>[1]</sup>

## Sources and Citations

1. <http://www.aafa.org/display.cfm?id=9&sub=20&cont=728>

- <http://naturalsociety.com/oil-of-oregano-uses-fight-bacteria-cancer/>
- <http://naturalsociety.com/serious-medicine-bowl-52-clove-garlic-soup/>

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