



5 NATURAL ANTIBIOTICS

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AN ANTIBIOTIC IS A MEDICATION USED TO TREAT BACTERIAL INFECTIONS.



These medicines either kill germs or inhibit their ability to spread and reproduce quickly. Some natural substances have antibacterial characteristics, but which ones are safe to use?

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5 EFFECTIVE, NATURAL ANTIBIOTICS TO HELP BEAT INFECTIONS



Garlic:

Garlic has potent antibacterial properties that help prevent fungal diseases and fight against bacteria. Gram-positive and gram-negative bacteria are both killed by the allium component of garlic, making it effective in treating intestinal infections that result in diarrhoea. Doctors advise eating two garlic pods daily to ward off a variety of diseases.



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Ginger



Ginger has an antimicrobial effect on bacteria that are found in food. Fresh ginger not only increases the formation of stomach acid but also eases indigestion. In the Ayurvedic medical system, it also serves as a potent anti-inflammatory drug and a pain reliever.



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Clove

In addition to being a powerful antibacterial, clove also serves to reduce pain and inflammation. According to studies, regular consumption is the best defence against diseases, including dental issues. It can be used topically to treat wounds and is most effective in the treatment of food poisoning and mouth infections.



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Pepper



The abundance of capsaicin in pepper acts as a potential natural antibiotic and is particularly effective in treating food poisoning and other gastrointestinal infections. Additionally, capsaicin increases metabolism and raises body temperature, aiding the body's defences against bacterial and viral infections.

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Honey

Honey is known for having a variety of health advantages and is the most powerful antimicrobial. Hydrogen peroxide in honey has strong antibacterial properties. Additionally, the high sugar concentration prevents bacterial growth. Due to its low pH, honey dehydrates and kills germs by taking away their moisture. Apply honey topically to the sores or wounds to hasten the healing process.

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Only when they are grown organically do natural antibiotics possess their antibacterial properties. Pesticide use will destroy all of the medicinal value and turn them into harmful substances for our bodies.

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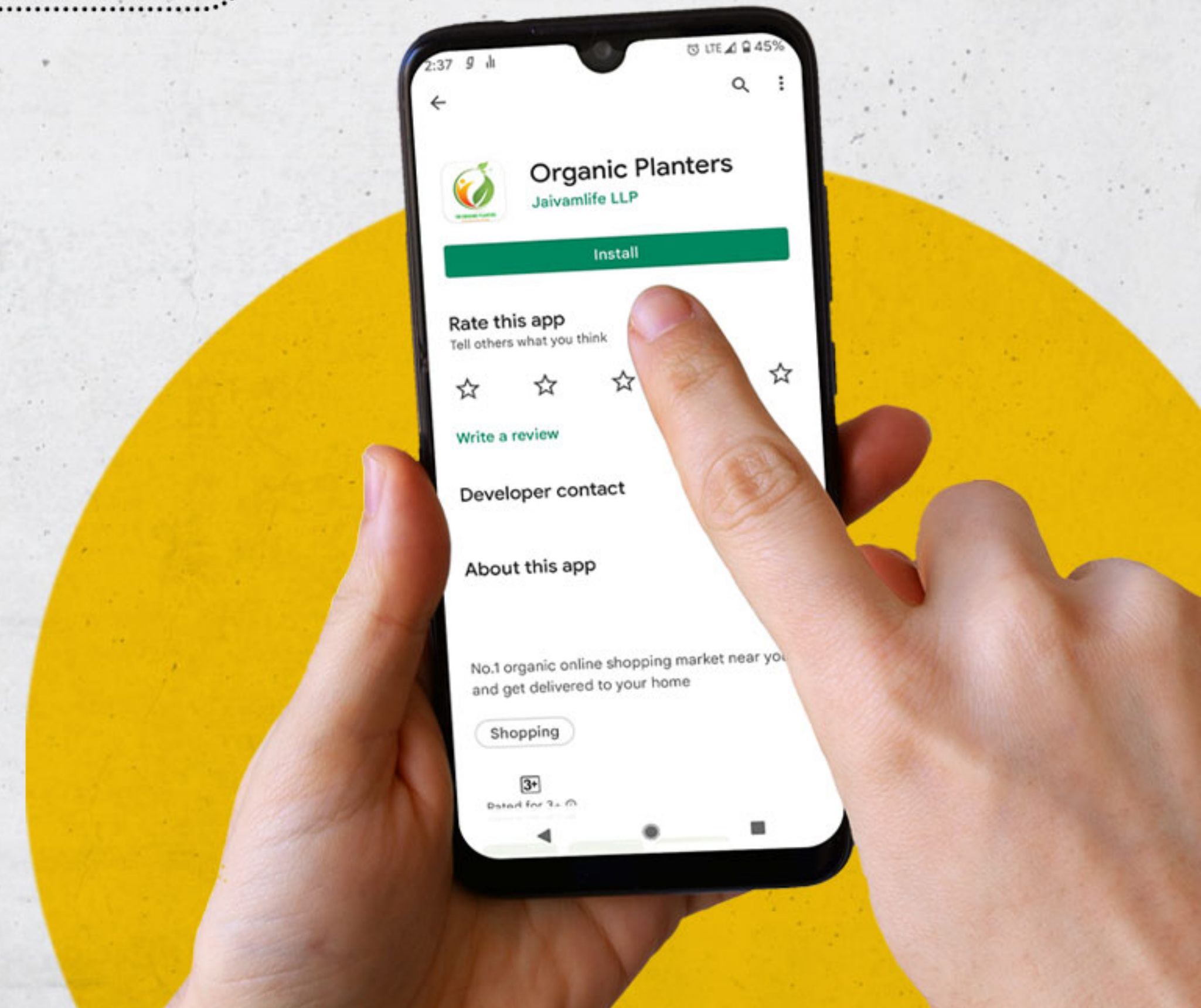


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