

Best Natural Antibiotics

Do natural antibiotics really work?

Antibiotics are used to kill or inhibit bacteria growth. Although you might think of antibiotics as modern medicine, they've been around for centuries. The original antibiotics, like a lot of today's antibiotics, are derived from natural sources.

Certain plant extracts, essential oils, and even foods have antibiotic properties. For example, some food and vegetable extracts can prevent the growth of bacteria in food. Sometimes, these properties extend beyond the food and can aid in your personal hygiene. Cranberry extract contains both antibacterial and antioxidant compounds, making it a home remedy for urinary tract infections (UTIs).

Herbs can be antibiotics, too. A small sampling study of 58 Chinese plants found that 23 had antibacterial properties and 15 had antifungal properties.

The scientific jury is still out concerning natural antibiotics. While people have used remedies like these for hundreds of years, most treatments have not been thoroughly tested. However, some show promising results under medical review, and further studies are underway. With an ongoing increase in drug-resistant bacteria, scientists are looking to nature when developing new medications.

1. Garlic



Cultures across the world have long recognized garlic for its preventive and curative powers. Research has found that garlic can be an effective treatment against many forms of bacteria, including *Salmonella* and *Escherichia coli* (*E. coli*). Garlic has even been considered for use against multi-drug resistant tuberculosis.

Garlic has long been thought to have antimicrobial properties. A 2011 study found that garlic concentrate is effective against bacteria. You can purchase garlic concentrate or extract at your local health food store. You may also be able to make your own by soaking a few garlic cloves in olive oil.

Garlic is generally safe to ingest, but large doses might cause internal bleeding. Up to two cloves per day is considered an acceptable dosage. If you're taking a garlic supplement, be sure to follow the dosage directions as provided. If you're taking blood-thinning medication, consult your healthcare provider before using garlic as an antibiotic. Large doses of garlic can amplify the effects of this medication. You can also apply garlic concentrate directly to a wound or blemish.

Garlic is an easily available spice in the market. The use of garlic in treating infections is a long-standing tradition in many cultures. However, it was not until recent years the exact reason why garlic has so much antibacterial, antifungal and antiviral properties were studied.

Allicin is the most prominent compound found in garlic and has excellent antimicrobial functions. It is the most active compound in garlic which gives it these properties. Allicin is highly effective against MRS (Multidrug Resistance Strains) bacteria which makes it highly valuable for the medical community. Another component found in garlic called as Ajoene is also capable of treating fungal infections such as athlete's foot which many people suffer from worldwide. Garlic extract can also be used for the treatment of influenza and herpes viruses and can deliver positive results.

This compound can easily eradicate bacteria by resisting the production or blocking the enzymes that are directly responsible for several vital functions of the bacteria such as energy production and cell structure formation. Without the necessary energy, the bacteria will die off in no time. Allicin can also actively inhibit the formation of biofilms which is one of the major defense mechanisms employed by bacteria and fungus. The formation of biofilms makes the treatment of these infections very difficult and garlic can be used to prevent the formation of biofilms.

2. Manuka Honey



Since the time of Aristotle, honey has been used as an ointment that helps wounds to heal and prevents or draws out infection. Healthcare professionals today have found it helpful in treating chronic wounds, burns, ulcers, bedsores, and skin grafts. For example, results of a study from 2016 demonstrate that honey dressings can help to heal wounds. The antibacterial effects of honey are usually attributed to its hydrogen peroxide content. However, manuka honey fights off bacteria, though it has a lower hydrogen peroxide content.

A 2011 study reported that the best-known type of honey inhibits approximately 60 kinds of bacteria. It also suggests that honey successfully treats wounds infected with methicillin-resistant *Staphylococcus*

aureus (MRSA). Antibacterial properties aside, honey may help wounds to heal by providing a protective coating that fosters a moist environment. Honey is one of the oldest known antibiotics, tracing back to ancient times. Egyptians frequently used honey as a natural antibiotic and skin protectant. Honey contains hydrogen peroxide, which may account for some of its antibacterial properties. It also has a high sugar content, which can help stop the growth of certain bacteria. Additionally, honey has a low pH level. This works to pull moisture away from bacteria, causing the bacteria to get dehydrated and die off.

To use honey as an antibiotic, apply it directly to the wound or infected area. The honey can help kill off the bacteria and aid in the healing process. If possible, opt for raw Manuka honey. This form of honey offers the most health benefits. You can purchase raw Manuka honey [here](#).

You can also ingest honey to aid in the treatment of internal infections. Simply swallow a whole tablespoon or stir it into a warm cup of herbal tea for a soothing treat. Honey is generally safe to use on the skin or in the body, though you should never give honey to an infant under 1 years old. Instead, consult your healthcare provider for an appropriate alternative.

Manuka honey is mostly available on the Australian continent, it is harvested from special bees that drink nectar from the flowers that are found on the Manuka tree. Manuka tree is found indigenously in New Zealand and Australia but can be cultivated overseas too. It is one of the most medically viable and potent forms of honey, there is still some more research that is needed to find out the exact mechanisms which give it the title. Manuka honey is rich in methylglyoxal, which is a rare compound that has excellent antimicrobial properties. The honey is also filled with various compounds like propolis that are rich in flavonoids, esters and phenolic acid which can actively boost your immune system to fight against infections. Manuka honey is also rich in enzymes such as glucose oxidase which can convert compounds of glucose to hydrogen peroxide and thereby reduce the affinity for infections.

Manuka honey through years of plain observation has been claimed to be a broad spectrum antibacterial which can even heal wounds that are caused on legs due to ulceration caused due to antibiotic-resistant bacterias. The varicella-zoster virus which is responsible for highly disturbing conditions such as chickenpox and shingles are also inhibited using Manuka honey.

3. Ginger



The scientific community also recognizes ginger as a natural antibiotic. Several studies, including one published in 2017, have demonstrated ginger's ability to fight many strains of bacteria. Researchers are also exploring ginger's power to combat seasickness and nausea and to lower blood sugar levels.

Ginger is filled with compounds such as gingerdiol, gingerol, terpenoids, shogaol, zerumbone and zingerone along with flavonoids which gives it excellent antimicrobial properties with the ability to act against the formation of biofilms. *H. Pylori* bacteria which thrives in acidic stomachs can be reduced by consuming ginger which can normalize the acid production in your stomach.

Ginger is an Asian spice which has versatile uses around the world. This spice is obtained from the roots of Ginger plant and is used in many ayurvedic and other alternative medicines. The antimicrobial effects of ginger have been exploited by natural medicine practitioners for a long time. However, it was only recently that the exact components in ginger which gives it these magical effects were recognized.

Several compounds in ginger are also effective against certain strains of bacteria which cause gum diseases. HRSV (Human Respiratory Syncytial Virus) can also be resisted with the use of ginger as it inhibits the virus's ability to combine with the human host cells rendering them to be inactive. Ginger also has good antifungal activity as it can reduce the effects of food spoilage due to fungal infections and can also help in treating skin conditions caused due to fungal infections such as athlete's foot. Ginger works against the formation of biofilms. *H. Pylori* bacteria which thrives in acidic stomachs can be reduced by consuming ginger which can normalize the acid production in your stomach.

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4. Echinacea



Native American and other traditional healers have used Echinacea for hundreds of years to treat infections and wounds. Researchers are beginning to understand why. A study published in the *Journal of Biomedicine and Biotechnology* reports that extract of *Echinacea purpurea* can kill many kinds of bacteria, including *Streptococcus pyogenes* (S. pyogenes). S. pyogenes is responsible for strep throat, toxic shock syndrome, and the “flesh-eating disease” known as necrotizing fasciitis. Echinacea may also fight inflammation associated with bacterial infection. It is available to purchase in

health stores or online.

Echinacea is a kind of daisy flower which is mostly found in the eastern and central parts of North America. This flower extracts and pastes are being used for the treatment of various infections since the early cultures. Echinacea extracts are now widely available across the globe and its antimicrobial functions are being utilized by people around the globe in a very positive manner. The immunoprotective aspect of this drug also makes it highly beneficial and recommended to be included in the treatment of various medical conditions.

Echinacea has many benefits that come due to its basic components of carbohydrates, glycoproteins and caffeic acid. These compounds have excellent antibacterial and fungal properties and are particularly helpful in reducing the spread and growth of these harmful microbes. This herb is also effective in reducing the problems caused due to the symptoms of bacterial infections by reducing the production cytokines that act as inflammatory markers during an event of infection.

The herb also has excellent antifungal properties and can actively prevent the growth of multiple strains of fungi that can cause lethal fungal infections on the skin like candidiasis. The antiviral properties of Echinacea are also quite impressive, they have active defensive capability against strong strains of viruses such as rotavirus, herpes and influenza.

5. Goldenseal



Goldenseal is usually consumed in tea or capsules to treat respiratory and digestive problems. However, it may also combat bacterial diarrhea and urinary tract infections. In addition, results of a recent study support the use of goldenseal to treat skin infections. In a lab, goldenseal extracts were used to prevent MRSA from damaging tissue. A person taking prescription medications should check with a doctor before taking goldenseal, as this supplement can cause interference. Goldenseal also contains berberine, an important component of natural antibiotics.

This alkaloid is not safe for infants, or women who are pregnant or breastfeeding. Goldenseal is praised for its antibacterial and anti-inflammatory properties. It's often taken to prevent or treat upper respiratory tract infections and the common cold. It's also used to treat skin disorders, lack of appetite, heavy or painful periods, sinus infections, indigestion, and other inflammatory or digestive disorders. Goldenseal is a popular natural treatment for upper respiratory tract infections, including the common cold

6. Clove



Clove has traditionally been used in dental procedures. Research is now finding that clove water extract may be effective against many kinds of bacteria, including *E. coli*.

Clove is undoubtedly a famous spice used in huge amounts around the world. Mostly found in Asia, cloves have excellent antimicrobial properties which makes it a super spice. It's widely used in most Indian dishes, due to the unique flavor it adds to the food. Cloves are rich in Eugenol which gives it excellent antibacterial properties which can help in making you safe from unwanted bacterial infections. Cloves also can damage the covering layers of bacterial cells thus blocking the production of protein and DNA which can prove fatal for the survival of the bacteria. Oral candidiasis can also be prevented by consuming cloves orally as this can actively prevent the hosting and spread of *Candida Albicans* species of fungi, the taste that cloves add to your food makes it easy to be consumed. The versatility of cloves can experiment in various dishes wherein you can also benefit from the antimicrobial properties of this spice.

7. Oregano



Some believe that oregano boosts the immune system and acts as an antioxidant. It may have anti-inflammatory properties. Carvacrol is an ingredient found in oregano essential oil. It has important therapeutic properties that further activate healing in the body when inhaled. Oregano oil has been found to help heal gastric ulcers and reduce inflammation.

To treat fungal infections on your skin, add one drop of oregano essential oil per teaspoon of a carrier oil such as olive or coconut oil. Apply the mixture to the affected area. You can also diffuse oregano oil in the air to help clear sinus infections. You shouldn't ingest oregano essential oil or use undiluted essential oil on the skin.

You may also be able to eradicate bacteria in the home with a homemade cleaning agent made of:

- oregano essential oil
- vinegar
- water

8. Myrrh extract



Many people are familiar with myrrh, but its ability to ward off harmful germs isn't as widely known. Researchers in a 2000 study concluded that an extract of myrrh could kill off several everyday pathogens. This includes:

- *E. coli*
- *Staphylococcus aureus*
- *Pseudomonas aeruginosa*
- *Candida albicans*

Myrrh is generally well-tolerated, but ingesting it may cause diarrhea. If applying myrrh to the skin, it's possible to experience a small skin rash. If consumed in large doses, myrrh may cause heart problems. Myrrh is typically prepackaged, so be sure to follow the dosage instructions on the label.

9. Thyme essential oil



Many all-natural household cleaners use thyme essential oil. This oil has been shown to be especially helpful against antibiotic-resistant bacteria.

In a 2011, researchers tested the effectiveness of both lavender and thyme essential oil. Both oils were tested in a pool of over 120 strains of bacteria. The researchers found thyme essential oil to be more effective at killing bacteria than lavender essential oil.

Thyme essential oil is for external use only. You shouldn't take thyme oil by mouth. Before applying to the affected area, be sure to dilute the essential oil with equal parts carrier oil. Common carrier oils include coconut and olive oils. Applying undiluted essential oil to the skin may cause inflammation and irritation. People with high blood pressure or hyperthyroid problems shouldn't use thyme essential oil. Thyme is a well-known spice mostly used in the Mediterranean cuisine. The antimicrobial qualities of this spice are very high. It can be easily inculcated in various dishes and can provide multiple benefits to your body.

Thyme can be extracted of its oil and this oil is very effective to treat diseases caused due to Escheria Coli and Pseudomonas aeruginosa bacterias. It can actively prevent the functioning of these quorum sensing organisms without posing much damage to your body due to side effects. Thyme extracts are also very effective in treating conditions that are caused because of herpes viruses.

10. Red Pepper:



Red pepper is mostly called as capsicum in other parts of the world. There are many variations of red pepper including cayenne, chili and jalapenos. The prevalence of pepper is present in many other parts of the world aside from South America. They are blessed with a lot of antibacterial properties which can help in making the microbes disappear from the site of infection. Capsaicin is the compound which gives pepper the spice, it also helps in lowering the pH of the stomach and thereby prevents harmful bacterias from growing. Other compounds present in peppers such as quercetin, kaempferol and caffeic acid has an innate ability to stiffen the outer layer of the bacterias and thereby puts a

block to all absorption of energy thereby killing it.

The CAY-1 compound present in capsicum can completely disrupt the outer layer of the fungus and thereby has the ability to act as an antifungal agent. It is highly effective in treating skin diseases including athletes foot.

11 Tea Tree Oil:



Don't be confused tea tree oil is not made from the tea plants from which edible tea leaves are cultivated, instead, tea tree is an indigenous tree which is found in the continent of Australia and New Zealand. The extract taken from this tea is highly toxic and can cause severe issues if consumed orally. Tea tree oil also goes by the name of melaleuca oil in some parts of the world.

Tea tree oil is rich in compounds such as monoterpenes which are very effective in fighting against bacteria. This compound can inhibit the activities of herpes virus and make you stay safe from these kinds of deadly infections. You should always remember to not apply tea tree oil in the concentrated form as this can lead to many skin problems. Tea tree oil is only allowed to be applied in its diluted format due to its high concentration in natural forms.

Tea tree oil is effective in promoting healthy skin by soothing and healing a wide range of skin issues. Use tea tree oil with a few precautions:

- You should not apply tea tree oil directly to skin. It's important to dilute the oil with a carrier oil, such as olive oil, coconut oil, or almond oil.
- For every 1 to 2 drops of tea tree oil, add 12 drops of a carrier oil.
- Also, be careful when using tea tree oil around the eye area. Exposure can cause redness and irritation.
- Before you use tea tree oil, do a patch test to make sure your skin doesn't react to the tea tree oil.

Dry skin and eczema

Tea tree oil can help soothe dry skin by reducing itching and irritation. Also, it's been more effective than zinc oxide and clobetasone butyrate creams in treating eczema. How to use: Mix a few drops of tea tree oil into a small amount of moisturizer or carrier oil.

Apply this mixture to the affected areas immediately after getting out of the shower and at least once more each day.

Oily skin

The antiseptic properties of tea tree oil may contribute to its ability to combat oily skin. A small 2016 study found that participants who used a sunscreen containing tea tree oil for 30 days showed improvements in oiliness. How to use: Mix a few drops of tea tree oil into your toner, moisturizer, or sunscreen. You can add two drops of tea tree oil to bentonite clay to make a mask.

Itchy skin

The anti-inflammatory properties of tea tree oil make it useful in relieving the discomfort of itchy skin. It soothes the skin and can also help heal infections that cause itchy skin. A small 2012 study found that tea tree oil was effective in reducing itchy eyelids. An ointment containing 5-percent tea tree oil was massaged onto the eyelids of the participants. Sixteen of the 24 participants eliminated their itching completely. The other eight people showed some improvements.

How to use: Mix a few drops of tea tree oil into a moisturizer or carrier oil and apply it to your skin a few times per day.

Inflammation

The anti-inflammatory effect of tea tree oil helps to soothe and relieve painful and irritated skin. It may also help to reduce redness and swelling. Research that tree oil reduces inflamed skin due to skin sensitivity to nickel. This study used pure tea tree oil on the skin but it's usually advised that you dilute tea tree oil with a carrier oil before applying it to the skin.

How to use: Add 1 drop of tea tree oil to a carrier oil or moisturizer and apply it to the affected area a few times per day.

Infections, cuts, and wound-healing

The antibacterial properties of tea tree oil make it an effective wound healer. According to a 2013 study, tea tree oil helps to heal wounds caused by bacteria. Nine of the 10 people who used tea tree oil in addition to conventional treatment showed a decrease in healing time compared to conventional treatment alone.

How to use: Add 1 drop of tea tree oil with a wound ointment cream and apply as directed throughout the day.

Hair and scalp treatment

You can use tea tree oil to treat dandruff by removing chemicals and dead skin cells from the scalp. Using tea tree oil on your hair may help it to stay healthy and moisturized, promoting optimal growth.

How to use: Apply a mixture of tea tree oil and a carrier oil to your hair and scalp. Allow it to stay in your hair for 20 minutes. Then use a tea tree oil shampoo that contains 5-percent tea tree oil. Massage it into your scalp and hair for a few minutes before rinsing. Follow with a tea tree oil conditioner.

Acne

Tea tree oil is a popular choice for treating acne because of its anti-inflammatory and antimicrobial properties. It's thought to calm redness, swelling, and inflammation. It may even help to prevent and reduce acne scars, leaving you with smooth, clear skin.

How to use: Dilute 3 drops of tea tree oil into 2 ounces of witch hazel. Use it as a toner throughout the day. You can use a face wash, moisturizer, and spot treatment containing tea tree oil as well.

Psoriasis

Scientific research supporting the use of tea tree oil for psoriasis is lacking. However, anecdotal evidence suggests that tea tree oil may be useful in treating symptoms of psoriasis, such as infection and inflammation, while boosting immunity.

12. Cinnamon:



Cinnamon is a well-known herb mostly used in baked products. The need for cinnamon is always on the higher side due to its unique taste and structure. Cinnamon also has a great range of antimicrobial properties which makes it extremely beneficial for human consumption.

Cinnamon has excellent antimicrobial and anti-inflammatory properties which are used widely by alternative medicine practitioners around the world. Cinnamon is rich in cinnamaldehyde along with compounds such as eugenol which are highly effective in treating conditions that are caused due to bacteria and virus. Cinnamon is very helpful in treating stomach conditions such as ulcers. The use of cinnamon is highly helpful in treating skin conditions caused due to fungal activities such as candidiasis.

Use of cinnamon also needs to be regulated to some extent as it can have certain interactions with drugs, so if you are under medications it is advisable that you consult with your doctor before implementing cinnamon into your diet.

13. Turmeric:



Turmeric is an Indian spice which is known for its antimicrobial properties. The use of turmeric is very strong and evident in Indian culture. Known as haldi, there is an actual purification event for the bride which includes the use of haldi to keep her pure from skin based infections. Turmeric is also widely used in many Indian dishes for its flavor and antimicrobial effects.

Curcumin is the most active component in turmeric and it adds a lot of benefits to your body. Curcumin is very effective in treating UTI (Urinary Tract Infections) as it has some very effective capabilities in reducing the activity of the microbes causing the infection. It is also effective in treating the fungus by inhibiting its protein absorption capability thereby rendering it to be effect less.

The anti-inflammatory properties of curcumin make turmeric very effective in treating conditions caused due to stomach inflammations. Turmeric can also function well with antibiotics reducing the harmful effects of the latter, studies have shown that when turmeric is used along with antibiotics it can reduce the inflammatory effects on the lungs. Turmeric is also famous for its effects against the highly volatile HIV virus and for its ability to stop the replication of the hepatitis C virus.



14. Lemongrass:



Lemongrass is a well-known ingredient around the world. The unique aroma of lemongrass makes it highly used in dishwashing soaps and other hygienic products. Yet another reason behind this is the fact lemongrass has excellent antibacterial, antifungal and antiviral properties.

Citral alpha and citral beta compounds found in lemongrass are responsible for the capability it has in blocking broad spectrum bacterias in the format of lemongrass oil. Lemongrass oil is highly helpful in dealing with staph and salmonella bacterias and e-coli without causing much side effects, unlike antibiotics which have many side effects. In a test conducted on guinea pigs, lemongrass extract application was beneficial in reducing the effects of ringworm infection on the skin. Lemongrass oil is also effective against candidiasis as it can inhibit the primary functions of the fungus. One other brilliant benefit of this natural antibiotic is that it can stop the replication of the HIV virus by reducing the function of HIV-1 TAT protein.

15. Rosemary:



Rosemary is a very common herb that is used in the preparation of many food products around the world. Rosemary has excellent antiviral, antibacterial and anti-fungal properties which makes it highly beneficial for human consumption.

Rosemary is rich in compounds like alpha-pinene, camphene, alpha-terpinol, 1 and 8 cineole and borneol. These compounds are highly effective in treating conditions such as viral infections and cancer. The antioxidizing character of this herb will help in making the consumption help in fighting the external forces of oxidation that can be harmful to your body.

Rosemary is a very effective natural antibiotic without side-effects in treating conditions such as salmonella infections and staph infections, it's got excellent effects in fighting quorum sensing bacterias. Rosemary is also famous for its antiviral capabilities in fighting HIV-R virus. Consuming rosemary can both make your food and life healthy and enjoyable. Using natural antibiotics instead of western medicine can only benefit you in the long run. Antibiotics take a heavy toll on the organs and the natural functions of the body and can also cause the collateral destruction of good bacterias that are needed for your intestines. The adverse side effects of antibiotics can, therefore, be completely eradicated by the substitution of natural antibiotics. However, it's also advised that you do not continue natural medication if the symptoms do not disappear with use, you need to be careful and consult a doctor immediately.