



EDITOR'S BOOK REVIEW

NATURAL ANTIBIOTICS by CARLOS GOMEZ, available on Amazon.

Sub-Title: 25 Most Effective Natural Antibiotics and Antivirals with Health Benefits

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There are some situations where you cannot survive without prescription medications but for routine infections, it is often possible to heal them yourself when you choose the best natural antibiotic for yourself to heal your body inside and out. It is possible to see your immune system get so strong that you will be able to fight off the normal flu or colds you used to often get.

As you know, when seasons change, germs seem to multiply and we get flu, colds and other bacterial and viral infections. Our first thought is to get an antibiotic from the doctor. You may not need that. If you can depend on the natural antibiotics for viral infections, your body will be better off using a natural treatment that does not have medicinal side effects. Here are some of the ingredients which you may find useful fighting a viral infection:

1. Garlic is a natural inhibitor for viral infections. You can take it minced in food or wrap the clove of garlic in bread to gulp it down...may not taste so good but it works to keep your body healthy! Your blood pressure will remain under control when you take garlic daily with food. It helps to avoid colds and flu and is very affordable!
2. Onions are similar to garlic in that they work as a viral infection inhibitor and help to reduce any inflammation caused by flu or colds. Eat them raw or saute in a pan with a small amount of oil.
3. Grapefruit Extract works best as an anti-microbial compound for the body. It stops the growth of fungi or bacteria being spread in the body. If you take it once a day, it cleanses your body from the inside if you have a viral infection. You can take it by drinking the juice or you can take it in an extract. Grapefruit is not indicated for patients taking certain medications.
4. Vitamin C intake, such as pineapple and oranges are the best source during the winter to reduce the time of a cold, keep your immune system strong, give you healthy skin and help to normalize your blood flow. Use the juice or just eat the orange.

5. Apple Cider Vinegar kills germs inside the body and keeps it purified. You can pour it directly on your food, make salad dressing or drink it by the tablespoon. It will relieve sore throat and works well for Acid Reflux relief. (Editor's note: The raw Apple Cider Vinegar with the mother works best for this--such as Bragg's. Take in moderation as you would any medication. It is also very good for use in cleaning your house and gets rid of germs or you can use white vinegar for this. Also, you can soak your fruits and vegetables in white vinegar and water for about 10 minutes and then rinse and dry and they are completely sanitized and last much longer!)

There are many other natural ingredients which you can add to your diet which will assist in keeping you healthy. Natural foods will not hurt you or leave side effects.

Chapter 2 talks about Antibiotics for Headache and Body Pain. Your first impulse may be to take a painkiller and sleep it off. This may work at first but you are only treating the symptoms and this can take a later toll. Headaches may be caused by stress, tension, poor diet, lack of sleep and other causes and body pain may be caused due to muscles being stressed or the opposite, sitting too long. Here are some suggestions:

6. Grab a package of nuts such as almonds, cashews, peanuts or a mixture. It distracts you from the tension or stress and is effective in getting rid of headaches due to these.
7. Basil can work on headaches because it has a calming effect. You can boil the leaves and drink the water or you can chew the basil leaves. All greens can be beneficial to you in one way or another.
8. Lavender Oil, with its beautiful fragrance, has a powerful effect on headaches. Massage some lavender oil into your forehead gently and/or get a diffuser to add lavender oil aroma all over your house. Only to be used externally!
9. For Body Pain, use Peppermint Oil. This helps to release the clogged blood vessels and increases the blood flow. Just massage the body part where the pain is with it and only use it externally.
10. Ginger has many usages which can help you reduce any kind of body pain. Chew it or make tea of it. Helps get rid of soreness also.

Chapter 3 addresses what he calls "Sugar Patients" by which I am assuming he means diabetics. He starts by saying you should suggest these treatments to your doctor and be sure they do not interfere with medications you are already taking. These are herbal therapies which can heal and keep blood glucose in control.

11. Aloe Vera soothes the body with rejuvenating properties. It is in many of the herbal medications offered for healing and is great for healing the skin in particular

12. Bitter melon, although not tasty, can do wonders for people with glucose problems. It reduces glucose levels, is rich in minerals and vitamins and must be cooked in light oil or boiled. You cannot eat it raw.
13. Cinnamon powder or sticks helps to regulate blood glucose levels and improve diabetic conditions. It can help to increase the insulin level to normal and maintain the cholesterol level for diabetics.
14. Okra is one of the best sources of healing for diabetic patients. It is considered a superfood with no fat or cholesterol involved; rich in vitamins and nutrients, it is tasty and you can have it in abundance.
15. Fenugreek is a small plant with very small seeds which are extracted and can be used in your food as is but better when cooked first. High in fiber, it can improve the immune system as well as improving your digestive processes.

Chapter 4 covers antibiotics for your pets which can get some of the same infections, etc. that we get, as you know.

16. Goldenseal is an herb that contains the biochemical berberine which keeps immune systems strong for pets, working against fungi and bacteria. It can be used to fight inflammations as well as liver or gastrointestinal problems. You can mix in water or let them chew it.
17. Mint leaves work as a calming effect on the brain to help with pain and healing. Mix it with water or let them chew it.
18. Chamomile is one of the sedatives which is used to heal mind and body of persons and animals. Helps relax brain and relieves pain. Can be smelled or taken as tea. You can also get essential oils in chamomile flavor to rub on the painful area but do not take internally.
19. Calendula works as an antifungal and heals wounds and fights bacteria. Can be chewed or taken as tea.
20. Thyme is an herb that is good for persons and pets especially for coughing. It works as an antimicrobial solution for bronchitis and as an antiseptic for the throat. Use externally as well.

There are no toxins in natural herbs and no chemicals as well and most are very inexpensive so can be used to keep your pets healthy and boost their immune systems.

Chapter 5 addresses antivirals for acne and other skin problems. Acne, and many other skin problems, can be caused by overproducing oil glands. Here are some natural solutions:

21. Tea tree oil is one of the best essential oils which is used for acne recipes. It is antiseptic and an antiviral solution for the skin. It will help keep your skin healthy and fresh if used consistently on clean skin.
22. Honey is a great antibacterial for the skin. It works as an anti-oxidant and keeps the skin young. It has moisturizing effects and can be used with different ingredients to make a paste to put on your face.
23. Coconut Oil is the best oil you can use on your skin as it keeps the skin smooth and fully moisturized. Massage your face with coconut oil every night and sleep with it. You will see a difference.
24. Rose Water is found everywhere and is a great natural antibiotic for the skin. Use it as a face wash and as an exfoliant. It is best sprayed on.
25. Turmeric is an often-used herbal treatment. It leaves the skin healthy and fresh. It reduces inflammation and works as an antibacterial for the skin.

You will probably find you have many of these ingredients in your home ready to help make you healthier! If not, most are very inexpensive and easy to find so start being healthier by going natural!