BACTERIA INFECTIONS

Some infections are minor and can be handled by simple methods. Still many people these days can do medical antibiotics and are at risk of the infection spreading. Perhaps this information may help you if you are looking for some help.

Garlic is effective against Staph, Salmonella, Klebsiella, Herpes, Candida, E coli, Cryptosporidium, Amoebas, Giardia. Get the freeze dried type if you can. Take 6 caps twice a day for an adult.

Goldenseal is a great anti-bacterial agent. Take 2 caps twice a day until the infection has abated. Great for bowel infections, respiratory infections.

Oil of Oregano. Put 5 drops at the back of the tongue, take a swig of water, gargle, then swallow. Really good for throat infections. Can also dab on gum infections, skin infections.

Reckeweg Bio 87 is a homeopathic formula specific for bacterial infections. Very effective.

Ginger contains compounds offering broad antimicrobial protection. It may defend against bacteria causing periodontal diseases, E. coli, and staph infections. Ginger comes in extracts, oils, tinctures, capsules, teas, and of course the root itself in the vegetable area at your supermarket. Don't give ginger to children under age 2. Typically, adults should not take more than 3 or 4 grams (g) of ginger supplements daily or 1 g if pregnant

If the infection is within the intestine, taking large amounts of probiotics can overwhelming the offending bacteria.

If the skin has the infection, dabbing rubbing alcohol, or hydrogen peroxide (3%) that you can get at a drug store. If the wound bubbles when you apply the hydrogen peroxide, it indicates bacteria present.

Bacteria in the ear – a few drops of hydrogen peroxide (3%) and if you hear it bubbling, the infection is still present and you can continue to use a few drops of hydrogen peroxide a few times a day. Garlic oil in the ear, and/or mullein oil also works well. For ear infections, can also use Homeopathic Belladonna. There are preparations that you take by mouth, and others that you use in the ear.

Tea Tree oil has been used for lots of skin issues. Actually all the essential oils have a certain amount of natural anti-biotic properties. Careful with the strong ones that need to be diluted like thyme oil.

Honey is a great healer of the skin. Make it raw and organic. Consuming it with warm water or applying it topically can prevent bacterial growth and promote healing. Manuka honey is famous for its success in treating infections in the gut and mouth as

well as the skin. Don't give honey to a child under 1 year old.

Baking Soda has antibacterial effects, baking soda helps regulate the body's pH and can be used to treat bacterial infections affecting the skin, intestines, or respiratory system. It also helps neutralize acid levels and maintain internal balance.

Echinacea is a perennial herb flowering plant. Its extracts may have antibacterial properties and act as a immunomodulators, meaning they change the body's immune system response. It has long been used to treat wounds and infections such as UTIs. Beyond resolving UTI, research suggests it may also be effective against bacteria that lead to respiratory infections, but results are mixed and more evidence is needed.

Apple Cider Vinegar has natural antibacterial and anti-inflammatory properties that can help eliminate bacteria and balance the body's pH. Drinking diluted ACV or using it topically can disrupt bacterial growth and aid recovery from infections.

For UTI's – D Mannose works well, helps the bacteria from sticking to the lining of the bladder. Cantharis homeopathic clears everything up pretty fast. Drink lots of water to help flush the bacteria out, like 10 glasses full over a period of several hours.

For mouth infections: Myrrh essential oil, oil of oregano – just a few drops on the tongue then take some water, swish it around and swallow. Warm salt water swished around, then spit it out.

Thyme is famous to treat E. coli, Listeria monocytogenes, Pseudomonas putida, S. aureus, Methicillin-resistant S. aureus (MRSA). Thyme oil is very strong, can eat through the skin, so be careful and dilute it. Taken as tincture, often used for respiratory infections.

Turmeric has antimicrobial properties but mostly lab research based, not much human studies yet.