



Top 5 Natural Antibiotics

June 2018

Top 5 Natural Antibiotics

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.
2. **Honey** - Honey dates all the way back to 2000 B.C. It is one of the most natural antibiotics you can get. 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. The antibacterial effects of honey are usually attributed to its hydrogen peroxide content.
3. **Ginger** - The scientific community also recognizes ginger as a natural antibiotic. Researchers are also exploring ginger's power to combat many strains of bacteria, seasickness and nausea and to lower blood sugar levels.
4. **Echinacea** - Echinacea has been used to treat infections for many years. Native American and other traditional healers have used echinacea for hundreds of years to treat bacterial infections and wounds.
5. **Oregano oil** - Oregano oil is especially good when dealing with bacterial, parasitic, and fungal overgrowth in the gut especially candida overgrowth. It can also be used for upper respiratory infections and colds because it can fight viruses, inflammation, and allergies as well.



Risks of natural antibiotics - Just because something is labelled natural, it is not necessarily safe. The amounts of concentrations of active ingredients can vary among different brands. Read labels carefully, you should also inform your healthcare provider if you're planning to take these supplements.

Evie's Eats - Energy Boost Apple & Oat Bars!

Ingredients:

- 400g rolled oats
- 1 medium apple roughly grated (skin on)
- 1 tablespoon chia seeds
- 1 teaspoon LSA mix (optional)
- 2 tablespoons shredded coconut
- 1 free range egg
- 1 cup mixed nuts, I used almonds, walnuts, pecan nuts and a small handful of pepita seeds (Measure 1 cup first, then roughly chop them)
- 1 teaspoon vanilla paste
- 1 teaspoon cinnamon
- 1/4 cup olive oil
- 1/4 cup raw honey



Method:

1. Preheat oven to 160 C – fan forced.
2. Combine oats, LSA, eggs, vanilla, cinnamon, olive oil, honey and chopped nuts in one large bowl until mixed through.
3. Once all mixed, fold in grated apple.
4. Spoon evenly into a square baking tin lined with baking paper.
5. Bake for 25 – 30 minutes until golden.
6. Cool and then cut into 16 pieces. Enjoy!

Quote of the Month - The Best Project You'll Ever Work on Is You!



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Take control your life, be happy! – rock on!

Till next month... *Evie*