



PANTRY ANTIBIOTICS

MANUKA HONEY

All honey has hydrogen peroxide as a component which gives provides antibiotic qualities. Manuka honey is extra special in that it has therapeutic quantities of another antibiotic, methylglyoxal (MG). The higher the concentration of MG, the stronger the antibiotic effect.

Honey producers have developed a scale for rating the potency of manuka honey. The rating is called UMF, which stands for Unique Manuka Factor. Manuka honey needs a minimum rating of 10 UMF to be considered potent enough to be therapeutic.

Manuka honey is produced by bees that forage on the nectar of *Leptospermum Scoparium*, New Zealand's Manuka bush, and tea trees, native to Australia and New Zealand only. Honey from bees that access the Jelly Bush tree in Northern NSW is also pretty good.

Honey's biological properties range from antioxidant, anti-inflammatory, antibacterial, antiviral, antibiotic and wound healing to immune-stimulatory. However, Manuka honey is separated from the rest because its antibacterial powers challenge even the toughest superbugs, such as the life-threatening methicillin-resistant *Staphylococcus aureus* (MRSA).

HOW TO USE

- Add a good teaspoon of Manuka Honey to a hot lemon and ginger tea
- Make your own cough syrup by chopping half an onion (white onion is best) and covering with Manuka Honey overnight. Strain off the syrup (keep the onion and use in cooking) and take a teaspoon of the syrup as needed for coughs

RAW APPLE CIDER VINEGAR (ACV)

ACV is fantastic for naturally helping your body to alkalise. ACV can also help to topically disinfect and sterilise because it contains antibiotic and antiseptic properties.

HOW TO USE

Start off your day with a mug of warm water with a couple of drops of apple cider vinegar. As soon as you feel the prickle of a sore throat, utilise the germ-busting apple cider vinegar to help prevent the infection. Most germs can't survive in the acidic environment vinegar creates. Mix 1/4 cup apple cider vinegar with 1/4 cup warm water and gargle every hour or so.

GARLIC

Garlic is one of the oldest recorded remedies used by many ancient civilisations. Readily available all year round, you can use garlic to prevent infection or in larger doses to treat an acute cold or flu.

HOW TO USE

To use garlic preventatively, swallow one clove a day. While you can take the clove anytime during the day that suits you, I've found that just before bed seems to work the best.

Using a clove of garlic per day starting a few days before overseas travel and continuing until you return is a helpful tip for the prevention of food poisoning.

If you have come down with a cold, then you can take up to 10 cloves (that's right – 10 cloves!) – take one every 2 hours or so.

I remember a lecturer telling me that garlic breath is a good thing – you know that the properties of garlic have made its way to the lungs and bronchials – just what you want when you have an upper respiratory infection.

OREGANO

Oregano is an important culinary and medicinal herb that has been used in medicine and cooking for thousands of years - with a number of potential health benefits. Oregano has shown antimicrobial activity in a number of studies due to the essential oil compound called carvacol.

HOW TO USE

Simple! Add to cooking – it is great in Italian dishes, or add a few fresh leaves to your favourite herbal tea.

Despite what certain multi-level-marketing essential oil companies may tell you, please do not take the essential oil internally – it is not safe to do so, and most qualified aromatherapists would not advise this as it can cause burning and stomach upsets. Instead, use the oil in a diffuser which may help kill airborne germs.

THYME

Another popular kitchen herb, the essential oil in thyme has a component called thymol (also in oregano) that is effective against bacteria and fungi. Thymol is also an expectorant and relieves coughing.

HOW TO USE

Add either the fresh or dried herb to your winter cooking – it is great in soups, stews and sauces. For breakfast, I love to saute some mushrooms in coconut oil and add LOTS of thyme – so delicious! You can also include a sprig of thyme in your honey and onion cough syrup above.

As for oregano, please don't take thyme essential oil internally, however, in a diffuser, it makes a good air antiseptic.

COCONUT OIL

There are many benefits of coconut oil. It has naturally occurring anti-fungal, antibacterial and anti-microbial properties and is packed with antioxidants. You can use it to boost your immune system, balance your thyroid, cholesterol, and blood sugar levels, as well as improving your brain function.

HOW TO USE

Coconut oil is so incredibly versatile and safe to use both internally in cooking and externally in skin and hair care.

SHIITAKE MUSHROOMS

Used for thousands of years in Asian cooking, shiitake mushrooms have antiviral, antibacterial and antifungal properties. Loaded with vitamins, minerals and enzymes, these mushies also have the ability to boost the immune system. In a recent study, an extract of shiitake mushrooms was even found to have a similar effect on gum disease as the leading gingivitis mouthwash. Unlike many pharmaceutical antibiotics, shiitake extract lowers the number of pathogenic organisms in the body without affecting good gut bacteria.

HOW TO USE

The shiitake is a versatile food that can be incorporated into a variety of dishes. You can buy these mushrooms raw, cooked or dried. They can be placed in a bowl of hot water for about 10 minutes to eliminate any residue and then rinsed. Now you're ready to add them to your breakfast, lunch or dinner. Ideas include omelettes, miso soup, casseroles and quiche.

Need something a little stronger?

There are many wonderful herbal medicines available with antibiotic properties. When prepared as a fluid extract or tincture, the antibiotic qualities are more potent and can be blended together to address your particular symptoms. Many also have antiviral properties, so they are great for viral infections.

Email me at clinic@josiecarin.com or book online at www.josiecarin.com if you would like to book an acute consultation to help deal quickly with a cold, flu or other infection.

As always, if you are at all concerned or don't see any improvement, please see your doctor or healthcare practitioner – in more serious cases, pharmaceutical antibiotics may be needed.