



Antibiotic food

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Abstract. More than 2500 years ago, one of the greatest healers of antiquity uttered very important and wise words: “Let your food become your medicine, and your medicine become your food.” The peculiarity of this phrase is not only in its deep semantic content, but also in the variety of interpretations. All of them can be found on forums, in signatures and discussions. Some say that he meant the need to eat only the healthiest foods. Others – moderation in food, without which it is impossible to talk about health. And still others are sure that he insisted on the importance of introducing into your diet special foods that have an antimicrobial effect. Certain *natural antibiotics*, many of which, although they are frequent guests in our kitchen, do not always take an active part in the preparation of main dishes. Simply because they don’t yet know about their miraculous power...

Key words: food antibiotic, recommendations, benefit, harm, beneficial properties, contraindications

Antibiotics: history and modernity

Many people remember that the history of antibiotics dates back to the 1920s, when penicillin was first discovered by Alexander Fleming. What did people do before this moment, you ask? After all, infections existed in ancient times. Moreover, many of them caused the deaths of tens of thousands of people.

They also received treatment. But they used other antibacterial agents. Science knows that the ancient Egyptians relied on moldy bread and other moldy foods. And they applied honey to the wounds for disinfection. The ancient Romans, in turn, widely used garlic to treat infectious diseases. This tradition was successfully adopted by other peoples until the discovery of penicillin.

It was with the advent of the latter that for some reason they forgot about natural antibiotics. And they started remembering literally a few decades ago. Only when the public began to vigorously discuss the harmful effects of such medications on the human body. And look for ways to replace them. As it turns out, you don’t have to go far to find them.

Advantages of natural antibiotics over synthetic ones

Firstly, natural antibiotics are harmless, in particular, to the intestinal microflora. Unlike synthetic ones, which are designed to destroy absolutely all bacteria in the human body, regardless of whether they bring him benefit or harm.

Secondly, they are effective. Meanwhile, it is most rational to use them for preventive purposes, in the initial stages of the disease or during treatment as an adjuvant. Since, according to doctors, they simply will not be able to cope with some advanced forms of infectious diseases on their own.

Thirdly, introducing them into your diet is very useful. After all, among other things, they increase immunity, and as a result, help the body not only fight one ailment, but also resist the appearance of others.

Fourthly, they eliminate the risk of developing fungal infections, unlike synthetic ones, which tend to provoke them.

Fifthly, natural antibiotics are much cheaper and more accessible than synthetic ones.

Sixth, bacterial resistance to natural antibiotics never decreases, unlike synthetic ones. This is explained by the fact that natural antibiotics, entering our body in different quantities and proportions, allow it to synthesize more and more new chemical compounds each time (there are about 200 of them in total). They allow you to effectively fight germs and bacteria.

And finally, natural antibiotics have no contraindications. However, before using them, you should still consult a doctor.

Top 17 Antibiotic Products

Garlic. [1] Its antimicrobial properties are legendary. And all because at one time they were studied especially carefully. As a result, it was possible to prove the effectiveness of garlic in the fight against:

- candida (fungal organisms that cause candidiasis, or thrush);
- microbes *Helicobacter pylori*, which can cause ulcers and stomach cancer;
- *Campylobacter* (the causative agent of diseases of the gastrointestinal tract);
- *E. coli*, which causes food poisoning;
- dysenteric amoeba, causing amoebic colitis ;
- intestinal lamblia, or causative agents of giardiasis.

The uniqueness of garlic is that it can successfully fight not only bacteria, but also fungi and other protozoan microorganisms that cause a number of serious diseases. This is explained by the content of a special substance in it - alliin. When garlic is crushed, the latter is converted into allicin under the influence of a special enzyme. And allicin, in turn, takes part in the formation of substances that can inhibit enzymes that are necessary for the life of microbes. This is the difference in the mechanism of action of natural and synthetic antibiotics. After all, the latter are designed to destroy precisely bacteria and microbes, which may simply turn out to be resistant to them. Simply put, the microorganisms that garlic acts on can be compared to a person who is suddenly deprived of air. In this case, bacteria are not able to develop resistance to garlic. It is best to eat garlic raw, adding it to salads and dishes seasoned with olive or other vegetable oil.

Cranberry. It contains flavonoids and hippuric acid. They not only prevent the development of diseases of the urinary system, but also successfully fight against *E. coli*, which provokes the development of acute intestinal diseases (coli infections).

Wasabi, or Japanese green horseradish. It inhibits the growth of *E. coli*, staphylococcus, *Streptococcus mutans* (causes the development of caries), *V. Parahaemolyticus* (the causative agent of acute diarrhea), *Bacillus cereus* (a bacterium that causes food poisoning).

Cilantro. [2] This is one of the most effective means of combating salmonellosis. It contains a special substance - dodecenal, which has powerful antimicrobial properties. You can eat cilantro not only in salads, but also in meat dishes. Since meat is most often the source of salmonellosis infection.

Honey. [3] In ancient times, the Romans used honey extensively on the battlefield to treat wounds. And all thanks to the fact that it contains a special substance that promotes the production of hydrogen peroxide, or peroxide. This allows the body to effectively fight infection and prevent the growth of pathogenic microorganisms. Honey also has a sedative effect, helps remove toxins from the body and improve liver function. By the way, consuming honey with cinnamon can not only cleanse your body, but also improve your immunity. Several years ago, the beneficial properties of honey were studied by Professor Liz Harry. Using three types of honey in their work - clover pollen honey, manuka honey and kanuka honey, scientists tried to experimentally determine the most useful of them. As a result, it was proven that "Manuka honey is the most effective in stopping the growth of all types of bacteria. The latter, at the same time, always remain sensitive to it." Manuka honey is produced by bees in New Zealand in the places where the bush of the same name grows, and is sold throughout the world.

Cabbage. It contains sulfur compounds that can suppress the growth of cancer cells. In addition, cabbage is an excellent source of vitamin C [4]. It activates the body's defenses and effectively fights many diseases.

Onion. [5] Like garlic, it contains many beneficial substances, including sulfur and flavonoids. They endow this product with a number of useful properties, including antimicrobial ones. Most often, onions are used to treat coughs and colds. Meanwhile, it can also be used as a disinfectant for insect or animal bites.

Ginger. [6] It has been widely used medicinally for the past two millennia. It contains shogaols, zingerone and gingerols, which provide it with anti-inflammatory and antibacterial properties. The most common use of ginger is to treat colds, coughs, or flu. Along with this, it prevents the occurrence of cancer and is an excellent pain reliever.

Turmeric. [7] It is a very effective antibiotic and antiseptic. Most often it is used to treat skin diseases - psoriasis, eczema or scabies. In addition, it is used to treat abrasions, wounds and cuts.

Citrus. They are rich in vitamin C, which is unique in its amazing ability to fight bacteria resistant to synthetic antibiotics. Moreover, it helps improve immunity, produce white blood cells and naturally cleanse the skin. Citrus fruits are used not only to treat colds and flu, but also to treat diphtheria, tetanus, polio, and snake bites.

Green tea. According to a study by scientists from Northwestern University, "polyphenolic compounds that appear in green tea when adding a pinch of salt promote the production of non-toxic antibiotics." The powerful antioxidant effect that this drink has makes it an excellent way to boost immunity. In combination with synthetic antibiotics, green tea successfully fights *E. coli* and streptococci. Moreover, according to research, it allows you to minimize the harm caused by them.

Oregano oil. It has pronounced antimicrobial properties and helps improve immunity. Over the past three thousand years, it has been used to treat insect bites, allergies, acne, sinusitis, gum disease, gastrointestinal diseases, sore throat, bronchitis and runny nose.

Horseradish. It contains a special substance, allyl, which gives it antimicrobial properties.

"Live" yoghurts. [8] They contain probiotics, acidophilus bacilli and bifidobacteria, which help increase beneficial bacteria in the gastrointestinal tract, thereby boosting immunity. According to the book *Healing Foods*, "it is the bifidobacteria found in breast milk that protect the newborn from pathogens."

Pomegranate. [9] It has antioxidant and antimicrobial properties, and also contains a huge amount of vitamin C. Thus, pomegranate helps improve immunity and successfully fights many infections, including urinary tract infections.

Carrot. [10] Has antimicrobial properties. Most often it is used for food poisoning.

A pineapple. [11] Another excellent antimicrobial agent. For centuries, pineapple juice has been used as a mouthwash to treat diseases of the throat and oral cavity. Its effectiveness is due to the content of bromelain, a substance that successfully fights many infections.

How else can you fight harmful microorganisms and bacteria?

- Observe personal hygiene rules.
- Lead an active lifestyle and play sports. This will allow you to acquire good immunity.
- Do not eat spoiled food.
- Use silver utensils whenever possible. Even in ancient times, it was believed that it had antimicrobial properties.

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