

HOW TO MAKE YOUR OWN **ANTIBIOTICS**

- naturally -

OREGANO OIL

for skin & sinus infections, gut health, candida,
foot & nail fungus, and immune system boost

Black Seed Oil

kills antibiotic-resistant superbugs, and immune system boost

Cinnamon

for fungal infections (candida, athlete's foot),
and immune system boost

Turmeric

kills antibiotic-resistant superbugs, and immune system boost

Garlic

for colds, flu, ear infections, and immune system boost

Manuka Honey

for skin or oral infections, and immune system boost

Echinacea

Throughout the later part of the nineteenth century and
the first thirty years of the twentieth century, Echinacea
was the preferred treatment for infections

Usnea

relief from sinus infections, bronchial issues,
skin fungus, and athlete's foot