



# Organic Antibiotics and Antivirals Recipes for Healing

*Carol Edison*

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# Organic Antibiotics and Antivirals Recipes for Healing

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## **Organic Antibiotics and Antivirals Recipes for Healing** Carol Edison

This book is all about the natural ways of treating bacterial and viral infections. The body is always at war with these pathogens. Bacteria and viruses abound in the environment. One way to protect the body is by strengthening the immune system. However, there are times when the immune system can only do so much and the body still gets sick. Chemical drugs are available to treat these various infections. However, their use also means experiencing side effects, which can also be bad for health. These side effects can cause other health problems. Antibacterial drugs also kill the natural bacteria in the body and cause imbalance and health problems. Antiviral drugs are so potent that these can cause damage to normal and healthy tissue in the body. To avoid these, use what nature has against these infections. There are many foods that have potent antibacterial and antiviral properties. They are also effective in curing infections. In this book, learn what different foods, spices and herbs can be used to combat the common infections. Colds, sore throat, cough, flu and bladder infections are common and can be treated using natural foods. Read about the following in this book:

- Read and learn about the common foods, spices and herbs that treat general infections.
- Learn what are the common herbs, foods and spices that can cure cough.
- Read the recipe on how to use these antibacterial and antiviral foods to treat cough.
- Learn the antibacterial and antiviral foods to treat sore throat and the recipes on how to use them.
- Learn the antibacterial and antiviral foods to treat colds and flu and the recipes on how to use them.
- Learn the antibacterial and antiviral foods to treat bladder infections (Urinary Tract Infections or UTIs) and the recipes on how to use them.

Read this book and learn how you can heal infections the natural, effective and safe way.

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