



# **Natural Antibiotics: -For Everyday Life**

Max Stanton

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The objective of this eBook is to educate you about day- to- day herbs and foods that double up as antibiotics. In this eBook, we will be discussing natural antibiotics that are the most commonly used, how they affect your body, their health benefits, how to consume them etc.

Antibiotics are a kind of antimicrobial targeted at bacteria, which help in battling antibacterial diseases and infections. Many of us are blatantly ignorant about the healing properties present in daily food supplies that we commonly use. Nature has a unique way of taking care of the creatures that rely on it. It has provided us with a huge variety of natural supplements that have astonishing and highly effective powers and medicinal benefits. Common items found in the kitchen such as onions, garlic, and honey have various medicinal benefits that can be explored and used to their full extent to help battle infections and diseases.

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