

Herbal Antibiotic Recipes You Can Make at Home

*Medical Survival Without Big Pharma
Series - Vol. 9*

Disclaimer: This guide is for educational purposes only. It is not medical advice. Always do your own research and consult a qualified professional before starting any new remedy, especially if you are pregnant, nursing, or taking other medications. All images are for illustrative purposes only and should not be used for plant identification. Always consult a trusted field guide and/or a qualified expert for accurate identification.

Introduction: Nature's Antibiotics

When antibiotics disappear from pharmacies, nature still provides ****powerful alternatives.****

Herbs, spices, and natural compounds have been used for centuries to fight infection — some even rivaling pharmaceutical options. This guide provides ****easy-to-make recipes**** you can prepare, store, and use during a collapse.

Section 1: Key Principles for Herbal Antibiotics

- **Potency matters:** Fresh herbs are stronger than dried; tinctures last longer.
- **Combination is powerful:** Pair herbs for synergy (e.g., garlic + oregano).
- **Topical vs. internal use:** Some herbs are best for wounds, others for consumption.
- **Storage:** Alcohol-based tinctures last years; dried herbs 1–2 years.



Section 2: 5 Must-Have Herbal Antibiotics

1. ****Garlic Tincture****

- * Chop 10 cloves of garlic
- * Cover in 2 cups of 80+ proof alcohol
- * Seal, shake daily for 2–4 weeks
- * Strain and store in dark bottles

2. ****Oregano Oil****

- * Fill jar $\frac{3}{4}$ full with dried oregano
- * Cover with olive oil or alcohol
- * Seal, let sit 2–4 weeks
- * Strain, use diluted internally or topically

3. ****Honey & Garlic Paste****

- * Mash garlic cloves, mix with raw honey
- * Store in airtight jar
- * Use topically on wounds or small doses orally

4. ****Usnea Lichen Tincture****

- * Chop dried Usnea
- * Cover with alcohol
- * Seal, shake for 4–6 weeks
- * Strain; topical or oral small doses

5. ****Echinacea & Goldenseal Tea****

- * Mix 1 tsp dried echinacea + $\frac{1}{2}$ tsp goldenseal
- * Steep in hot water for 10 minutes
- * Drink up to 3x/day at first sign of infection

Section 3: Safety & Usage Tips

- Test small doses first
- Avoid overuse of colloidal silver or strong tinctures
- Keep labeled jars for each herb
- Rotate stock to maintain potency





Section 4: Building a Home Herbal Antibiotic Kit

- **Tinctures:** Garlic, Usnea, oregano oil
- **Topical Pastes:** Honey + garlic
- **Tea Bags:** Echinacea, goldenseal
- **Storage:** Dark glass jars, cool dry area
- **Extras:** Measuring spoons, funnel, labels

Closing

With these 5 herbal antibiotic recipes, you can create a ****home-made medicine cabinet**** that protects you when Big Pharma fails.

Your collapse-proof antibiotic supply doesn't require a pharmacy — it grows in your garden, pantry, or local forest.

-

Additional Resources:

[Titan Survival](#)

[Survival Home Remedies](#)

[The Water Liberty Guide](#)

[The Backyard Miracle Farm](#)

[The Power Efficiency Guide](#)