

Walter Ulrich asked if anyone knows how to make home made antibiotics from readily available ingredients in the event of a catastrophe.

The antibiotics we are all familiar with in modern medicine are the natural products, improved natural products, semi-synthetic or synthetic copies of natural products produced by many different molds, bacteria and other organisms. You would need knowledge of the antibiotic-producing organisms, how to grow them, how to isolate the antibiotics they produced and even how to purify and concentrate it enough to be effective in humans. You would also need to know what specific organisms or range of organisms a particular antibiotic is effective against. It goes on and on . . . more if you like. Not a casual kitchen or wilderness project.

Years ago people got low doses of antibiotics quite regularly by eating moldy food. Some theories propose that it protected them from a variety of ailments, but when you realize that most succumbed by age 35-40 due to bacterial ailments, you have to question its efficacy. Probably very hit or miss and who ate the most moldy grain. Today there is growing knowledge of the antibiotic activity of plants such as garlic as another reader mentioned. A diet rich in many culinary herbs is now known to have antibiotic and health supporting activity.. One herb you might want to consider growing drying and storing,now, for its white blood cell stimulating action -- wbc's fight bacteria and viruses in the body--is Echinacea. It's the beautiful purple coneflower used by the American Indians as a medicine and has now proven in scientific studies to be of real value. You make a nice tea of the leaves and rhizomes (underground). All parts of the plant have this wbc-stimulating activity but more in the rhizomes. It tastes good and should be drunk 3 times a day at the earliest onset of a cold or virus. It is recommended that it not be taken for more than 10 days straight due to its wbc stimulation. Also, you would not want to give it to anyone with leukemia for the same reason. Was featured in Newsweek a few months ago along with other antibiotic alternatives. If you can't find seed, the end products are sold in the health food store, but it is free if you grow it yourself, and you'll have an endless supply. Two plants is all you need--and the space to grow them. Harvest some first year, lots every year thereafter. It is a perennial. If you need seed, let me know. . . .
