Super Food That Fights Bacteria

Besides using antibiotics, doctors really have no other weapons to fight disease causing bacteria. All the doctor can do is to reduce the symptoms and discomfort while the patient fights the bacteria with his own immune system.The downside to using antibiotics to kill bacteria is that antibiotics also kill the good bacteria in the intestines. These good bacteria actually help in the digestion of nutrients and synthesize important vitamins such as vitamin K. These good bacteria also play a vital role in keeping disease causing bacteria and yeasts at bay, by competing with them for space in the intestinal tract. Someone healthy will have a substantial amount of good bacteria in the intestines.Candida is a yeast cell that inhabits the intestinal tract. Moderate amounts of candida live in every one of us without causing any harm. However, antibiotics can wipe out the bacteria surrounding the candida, giving it free rein to grow unchecked.Candida will then change into its fungal form and spore through the intestinal wall into the rest of the body. Once through, it rampages around the body producing a multitude of symptoms, such as headaches and digestive problems etc.Instead of taking antibiotics and drugs, we could take foods that kill disease causing bacteria. Onions, garlic and coconut are examples of such foods. The medium chain fatty acids in coconut oil make it especially good for fighting bacteria.Lauric acid, a medium chain fatty acid in coconut oil kills lipid-coated bacteria but does not harm the friendly intestinal bacteria, unlike antibiotics. It is thus better to take natural foods like coconut oil to prevent disease causing bacteria from growing in your body.After all, prevention is better than cure and antibiotics is only prescribed when you are ill. It makes more sense to add coconut oil to your diet and taking the oil regularly to prevent the bacterial infection in the first place.Coconut oil kills quite a few types of bacteria. These include streptococcus which causes pneumonia, ear infections and throat infections, staphylococcus which cause food poisoning and urinary tract infections, neisseria which causes gonorrhea, chlamydia which causes genital infections and helicobacter pyloris which causes stomach ulcers.Protect your immune system and nourish your health with virgin coconut oil, Go to:

About the Author

Alternative Regimen, Supplements, and Supplement Descriptions for Digestion.

Source: http://www.productsherbal.com