Sugar As An Effective Wound Antibacterial

Categories: General Prepping, Health/Fitness, Wilderness Survival

Given that I run a prepping and self-sufficiency website, it came as a bit of a surprise when I cut my hand a while back and went to the first aid kit and there was no antibacterial cream... Luckily I survive the cut without the antibacterial, but it got me thinking.

100s and 1000s of years back, what were people using to clean and disinfect wounds? Sure, loads more people died from infection, but they still must have had some form of antibacterial ointment for wounds. This is when I stumbled on the fact that sugar is a very effective antibacterial and has been used for 1000s of years to treat open wounds and prevent/fight infect. I don't think this is widely known, probably because big pharma can't patent it and license it for medical use, but sugar's antibacterial properties are proven.

The use of sugar as a wound antibacterial is even covered in the U.S Army Field Manual 3-05.70 Survival; quote: sugar— place directly on wound and remove thoroughly when it turns into a glazed and runny substance. Then reapply.
The next time your or a family member cuts themselves and you are without pharmaceutical antibacterial, give sugar a go. Its use is proven and it is certainly better than nothing. It would also be worthwhile adding a small bag of sugar to your hiking, camping or bug-out bag; it can flavour your food and drinks and possibly save your life should you injure yourself far from home.