Use Honey As An Antibiotic Treatment For Wounds

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Categories : Health/Fitness

If you don't have an antibiotic ointment, or if you just want to go down the natural route, honey is a great alternative to regular antibacterial ointments.

According to James Hubbard, M.D., M.P.H. (AKA the Survival Doctor), honey’s a great antibacterial for wounds. It kills bacteria and helps cuts, scrapes, burns and even ulcerated wounds heal, and there have been plenty of clinical studies to prove it.

A word of caution - honey can cause botulism in babies, so you should never feed babies honey or apply it to their skin, just to be on the safe side.

Head over to the Survival Doctor's website and find out why honey works well as a wound treatment, and HOW to actually use it to treat wounds. There is also a great little tip about using sugar for wound treatment.

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(Image from: Survival Doctor)