GRANDMA'S REMEDIES

Add 3 Drops of Oregano Oil to Water & See what Happens to the Lungs

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Pneumonia is medically defined as an infection of one or both lungs and it is usually triggered by bad bacteria, viruses, or fungi. Before there were antibiotics, 1/3 of people who developed this illness died as a result of the infection. Nowadays, more than 3 million people develop it on a yearly basis whereas more than half a million are receiving hospital treatment. Even though most of them successfully recover, around 5 percent will die from it. Believe it or not, pneumonia is the 6th major reason for death throughout the world!

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The main cause of bacterial pneumonia is the bacterium Streptococcus pneumonia. This condition is characterized by a sudden onset of fever, chills, and rust-colored sputum. The infection spreads into the bloodstream in 20 to 30 percent of the cases, which is known as sepsis, and elevates the chances for death.

Antibiotic Treatment of Pneumonia

The most common antibiotics that are prescribed for the treatment of the above-mentioned type of pneumonia are amoxicillin, clavulanic acid, and penicillin, as well as macrolide antibiotics like erythromycin and azithromycin. In the past, penicillin was the antibiotic of choice for the treatment of this infection; however, with the widespread usage of antibiotics, a drug resistance has developed. Though it may still be powerful in the case of pneumococcal pneumonia, it should be used after the confirmation of the bacteria sensitivity to it.

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How Can Oregano Oil Help with Pneumonia

For centuries, oregano oil has been used by Middle Eastern cultures as a powerful cure against respiratory infections, chronic inflammation, UTIs, dysentery, and jaundice. Lab studies done with it showed its antibacterial characteristics and medicinal oregano is known to have a high amount of minerals like magnesium, copper, zinc, and potassium that additionally boost its healing advantages. It is safe for humans and it can be used together with antibiotics to enhance the fight against bacterial infection. What's more, it makes the ideal defense against cold and sore throat.

How to Use It

Take 3 drops of quality oregano essential oil on a daily basis, 5 days in a row or until the symptoms decrease.

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What about Baking Soda?

Baking soda is known for its versatile uses, including its strong healing capacity. It neutralizes acids and dissolves proteins and it is also known for the ability to better the pH of the body, which measures the number of hydrogen ions in solution within the body and the scale ranges from zero to fourteen. The neutral range is seven whereas anything lower than this range is considered to be acidic and anything higher than it is basic. When it comes to an acidic body, it has a much lower power to pull hydrogen ions while an alkaline one has a rather high capacity to do this.

To preserve our health, it is best to keep the pH between 7.3 and 7.4 and when we make the body more alkaline, we help the immunity to fight off bacteria. Taking into consideration that bacteria and viruses can lead to colds and bronchitis, as well as pneumonia, increasing the pH will assist in destructing the pathogens.

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One Superfood to Fight Them All

To put an end to a respiratory infection and relieve symptoms such as runny nose or sore throat, opt for a mixture of baking soda and potassium bicarbonate. To reverse sinusitis, pneumonia, and asthma, mix 2 drops of liquid sodium bicarbonate and water in a nebulizer and inhale it 2 to 3 times on a daily basis.

Other Beneficial Uses of Baking Soda

- **Alleviates sunburns (add it to your bathwater)**
- **Relieves poison ivy itching and discomfort**
- **Soothes bee sting ache**
- **Take it as an antacid (mix 120 ml of water and ½ tsp of baking soda)**

Sources:

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