

A Natural Antibiotic

By Craig Paardekooper

A urinary tract infection is an example of a systemic bacterial infection caused by e-coli. If this happens then the bacteria will attach to the inside walls of your urinary tract, bladder and even kidneys.

There is a powerful way to remove such bacteria without having to use prescribed antibiotics. Antibiotics such as ciprofloxacin can have very bad effects on tendons causing tendon rupture, so if you must use an antibiotic then avoid ciprofloxacin or levofloxacin. Azithromycin is less harmful.

However, there is a substance found in cinnamon powder called **proanthocyanidin**. It is most highly concentrated in cinnamon powder, then in grape juice. Just mix the cinnamon powder with hot water. It works by reducing the ability of e-coli to stick to the lining of your bladder and urinary tract.

Then drink 1.5 litres per day and you will wash the ecoli out.

Here is a link showing which foods have the highest concentrations of proanthocyanidin

<https://en.m.wikipedia.org/wiki/Proanthocyanidin>

This may help with food poisoning too, though I am not certain. If proanthocyanidin stop e-coli from binding to the intestine walls it will block their effect to some extent.

You can buy cinnamon powder in any town or market in any country.

It costs about 30p for a pouch of it. Keep a small sash handy. The alternative, antibiotics, can have side effects on tendons and also on your micro biome.

Cinnamon powder can be added to beverages, such as coffee or tea, or just added to water. I have found that it cleared up a persistent UTI within 1 day.