**Spices that Kill Bacteria and Other Pathogens**

Usually, when food borne outbreaks occur, we are constantly reminded to wash fruits and vegetables carefully before consuming them. Some people also recommend soaking fruits and vegetables for about 10 minutes in vinegar, or using food grade hydrogen peroxide[12]. Unfortunately, none of these methods will ensure that all harmful bacteria are killed off. Overall, you will find that vinegar is more effective than washing. Here are some herbs and natural remedies you should have on-hand for helping reduce bacterial, fungal, and viral pathogens found in food. Worst comes to worst, if you have no means to cook food, soaking your food or marinading them overnight along with these natural remedies may be better than nothing.

* Garlic – as you may be aware, garlic is one of the best herbs for curing bacterial, fungal, and viral infections. Not only has it been used for centuries for this purpose, it appears that pathogens are unable to develop an immunity to it. Unlike modern antibiotics, garlic and various pathogens have existed together for centuries, yet garlic can still kill these pathogens with relative ease[13].
* Honey – natural honey that hasn’t been processed will release hydrogen peroxide that can kill off bacteria. You can try mixing it with various foods or soaking them in it.  As with garlic, there are no known cases of situations where bacteria have become immune to the effects of honey. [14]
* Turmeric – this is another very important herb for killing bacteria and other pathogens. Add some black pepper to increase the strength of the Turmeric. If at all possible, try soaking in a light oil because curcumin does not dissolve well in water.
* Coconut oil – as with garlic, this oil can kill off many kinds of bacteria, fungal, and viral infectious agents.
* Lemon juice – can also be used to kill bacteria.
* Rosemary – this herb actually has a fairly long history of usage as a disinfectant[15]. It can kill off viral, bacterial, and fungal pathogens. Along with thyme, Rosemary has a track record for killing off bacteria found in meat[16]. While it is always best to cook meat to a safe temperature, you can still try soaking meat in this and other herbs when nothing else is available. To get the most from these herbs, cut the meat into thin strips and soak them up to 48 hours, but not more than 96 hours under refrigeration. You will also need to explore different methods for ensuring that as much of the herb as possible is diffused into the meat.

**Using Salt to Kill Germs in Food**

When it comes to food storage and preservation methods, salt will kill off just about anything. There are several ways you can use salt to cure meat[17]. Just remember that the foods will still have to be cooked before consuming.

* As with using herbs to kill bacteria, you will have to use methods that are similar to making a marinade. In the case of salt, you will be covering the meat in salt and wrapping it in plastic for several days while under refrigeration. If the meat is fresh, do not forget to drain the blood and liquid from the bag as the salt dries it out. When preparing this meat for consumption, it is best to boil it since this will help leach out the salt.
* You can also use a solution of salt and water or “brine” to preserve the meat and kill germs. Store the meat in the refrigerator for several days while it is soaking. You can also inject the food with the salt water solution to speed up the process.
* In other cultures, it is not uncommon to consume fish, seafood, and even some forms of animal meat raw after it has been salted. It is best to consult people directly from those cultures about how they prepare the meat and what they look for in terms of safety precautions. Because commercial food animals are often raised in their own filth and in extremely cramped settings, it is not likely safe to eat their meat raw. By the same token, it is important to be wary of fish and seafood raised on similar kinds of “farms”.