



GARLIC REMEDIES

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9/23/2004

Acne
AIDS
Antioxidant
Arteriosclerosis
Arthritis
Blood Clots
Boils
Breast-feeding
Burns
Cancer
Candida
Common Colds and Flu
Contagious Diseases
Cysts
Dandruff
Diabetes
Diarrhea
Disease Prevention
Dysentery
Earache
Eczema
Elevate Good HDL
Fatigue
Flatulence
Food Poisoning
Free Radicals
Fungus
Gangrene
Heart Attacks
Hemorrhoids
Hives
Hypercholesterolemia
Hypertension
Insect Bites
Lip, Mouth, Throat Problems
Liver Disease
Lower Bad LDL
Pain Reduction
Radiation
Repels Vampire Bats
Respiratory Diseases
Ringworm
Stimulate Immune
Toothache
Tumors
Virus
Warts
Worms

How it Works

Garlic must be cut or crushed to let ALLIIN come into contact with ALLINASE, which then forms ALLICIN. When garlic is mashed, Allicin is the most important active compound in raw garlic. The antifungal, antibacterial, anti-inflammatory, and antiviral properties are present at this time. As the crushed garlic sits, it produces compounds that help lower cholesterol. When garlic is heated, as in cooking, some studies show it still has some medicinal properties.

Fresh Is Best

Most commercially prepared garlic whether it is dried, flaked, chopped, chipped or salted has very few medicinal benefits and usually leaves an after taste in the mouth. NO garlic supplement contains allicin. If you do purchase prepared garlic, look for "effective allicin yield" on the label. From a health food store, purchase garlic supplements or capsules that have been standardized as these have some value in inhibiting the growth of bacteria. So, it is best to use fresh garlic that has been cut or smashed. This mixture should be used as soon as possible. Some say to prolong the life, crushed garlic can be refrigerated or mixed with a little water and then refrigerated.

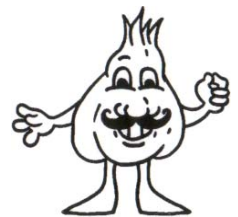
Herb Society of America member, Art Tucker, Ph.D., states, "The active principles are completely eliminated in deodorized products", in *The Big Book of Herbs*, which he co-authored. If it doesn't smell like garlic, the medicine in garlic is not available.

How Much to Eat

To maintain one's health, eat raw garlic every day. Studies show a mere half a raw garlic clove a day can help prevent heart attacks and strokes by helping blood-clot-dissolving. A couple of raw cloves a day will help lower blood cholesterol. One raw clove or three-four cooked cloves is preventive medicine. If one has a scratchy throat or other malady and does not feel well, increase the amount of garlic eaten.

Increase Garlic Consumption

- Buy fresh, firm, white heads of garlic and fresh parsley
- Peel, with out bruising cloves and refrigerate in an OPEN glass jar
- Add at the end of cooking for soup, stew, gumbo
- Add at the table in your plate of soup, stew, gumbo
- Add to ready made salad dressing as you serve
- Add a squeezed clove to a glass of tomato juice
- Add pressed garlic to hot mashed potatoes
- Add to take-out potato salad, cole slaw, baked beans
- Make garlic bread – use olive oil and pressed garlic
- Use garlic vinaigrette on steamed veggies
- Eat pickled garlic
- Mix crushed or chopped garlic in honey or molasses
- Bake whole heads sprinkled with herbs and olive oil
- Stuff a leg of lamb, beef or pork roast with garlic
- Make a pasta sauce with garlic, tomatoes, basil and olive oil



GARLIC
THE ELIXIR OF LIFE