

Garlic - DIY, Recipes, and Other Information You Should Know about This Amazing Herb

By: Michael Edwards, Natural News



Most know about garlic's antimicrobial properties. A healthy diet rich in raw garlic is the best defense against fungal, bacterial, viral, and parasitical infections. Garlic may also be used topically to treat vaginal yeast infections and athlete's foot.

WWI soldiers used crushed garlic on infected wounds suffered in battle. Hippocrates, considered by many to be the "Father of Medicine," also used garlic to heal cancerous tumors. Garlic's history is as rich and plentiful as its benefits. It is a truly amazing herb and one that many naturally minded healthcare practitioners will tell you is one of nature's most incredible plants.

Garlic Potency - Allicin

A sulfur-based compound called alliin and an enzyme called alliinase are separated in the garlic's cell structure when garlic is whole. Cutting garlic ruptures the cells and releases these elements, allowing them to come in contact with each other and oxygen to form a powerful new compound called allicin, which not only adds to the number of garlic's health-promoting benefits but is also the culprit behind its pungent aroma and gives garlic its "bite." Allicin is garlic's strongest antimicrobial component.

By chopping garlic more finely, more allicin may be produced. Pressing garlic or mincing it into a smooth paste will give you the strongest flavor and may also result in the highest amount of

allicin. Let it sit for five to ten minutes before eating or cooking. If cooking is required, do not expose to heat for longer than five minutes.

Garlic and Cancer

When garlic is a regular part of the diet, it has been shown in studies to help prevent cancer of the prostate, bladder, colon, stomach and breast. One study of 40,000 postmenopausal women showed a 50% reduction in colon cancer.

Pest Control with Garlic

Germ, parasites, and most animals don't like garlic. If you have a garden that you want to protect or a pet you need to keep flea free, it's easy to make a garlic spray that you can apply directly to plants and animals.

Garden Protection Recipe

- 1 whole bulb of garlic
- 1 small onion
- 1 teaspoon of powdered cayenne pepper
- 1 quart of water
- 1 tablespoon liquid dish soap

Chop all ingredients finely (or crush, or use a food processor), and put in blender with water. Blend at a low speed until well mixed and then strain. If you blend at too high a speed, you may have nothing to strain, and the mixture may be too thick for a spray bottle, but it depends on the sprayer.

Put liquid into a spray bottle and add dish soap. Mix well.

Use a spray bottle to liberally apply to plants, all over, including the top and underside of leaves.

Flea Control Recipe

- 1 whole bulb of garlic
- 1 small onion
- 1 lemon
- 1 quart of water
- 10 drops of peppermint oil clove oil or any other essential oils that pests don't like.

Chop all ingredients finely (or crush, or use a food processor), and put into a blender with water. Blend at a low speed until well mixed and then strain. If you blend at too high a speed you may have nothing to strain, and the mixture may be too thick for a spray bottle, but it depends on the sprayer. Spray pet before it goes outside, and regularly if there are fleas in the house. Avoid spraying near the pet's eyes.

Other Garlic Health Benefits, Tips, and Tricks

- Garlic might help prevent hair loss! Massage garlic oil into scalp.
- Garlic is definitely a low calorie food with 4 calories per clove.
- If you put a slice of garlic over a splinter and cover it with a bandage, it will help the skin push it out.
- Garlic has its own day of recognition! April 19 is National Garlic Day.
- Garlic is rumored to ward off mosquitoes and other vampires.
- Garlic helps babies gain weight while they are in the womb.
- Rub garlic on a cold sore to get rid of it.
- Put a slice on a skin tag and cover with a Band-Aid to get rid of it.
- Garlic is high in iodine – good for the thyroid.
- Garlic is high in vitamin C.
- Garlic doesn't need to be refrigerated.
- Avoid CHINESE GARLIC!
- Garlic helps to regulate blood sugar.
- There are 300 varieties of garlic grown worldwide.
- Garlic has been grown for more than 5000 years.
- To quickly peel an entire head of garlic, put it in a jar and shake until the cloves come loose and the skin comes off.
- Grow a new bulb from any clove that sprouts.

Garlic is my go-to herb for many ailments, and I eat it every single day. I put it in my salads and in the foods I cook. I eat it raw and cooked, but more often raw. I use it to reset my gut flora (click to read more), I use it to detoxify my body, and I use it to make food taste better, but it does so much more. Click here to see the long version of this article if you'd like to learn more about garlic.

Sources:

<http://www.organiclifestylemagazine.com>

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