

Garlic Remedies & Recipes

Garlic remedies are an excellent way to fight illness. Eating garlic boosts the immune system, but to take advantage of garlic's powerful antibiotic/anti-fungal/anti-viral compound, allicin, you will want to use garlic topically.

To get the best results when using garlic:

- Begin treating at the first signs of illness, before the germs have taken a strong foothold and have had a chance to multiply.
- Use garlic both internally to boost your immunity, and externally to get the antibiotic benefits.
- Use raw garlic cloves, and always make each treatment fresh for the strongest concentration of allicin.
- Apply the garlic remedies frequently until you see an improvement in symptoms.
- Follow through with treatments until all symptoms are gone.

Cautions: Young children, individuals with sensitive skin, or those who may be allergic to garlic should test external treatments and remove if stinging or irritation develops. If there is a sensitivity to garlic oil, the soles of the feet, or the back tend to be less sensitive.

Using Garlic to Boost the Immune System

When a bug is going around, feeding your family raw garlic is a great way to boost the immune system. You can easily add raw garlic into foods that you already enjoy. One way is to add raw garlic to Salsa. Drop a couple of cloves or peeled raw garlic into your blender, with a ¼ cup of salsa. Blend well, and then stir back into the jar. Other options include adding fresh chopped garlic to salad dressing or adding chopped garlic to ¼ cup of melted butter, and drizzling over rolls or spreading on toast.

A few other delicious dishes that use fresh garlic include:

Tzatziki sauce

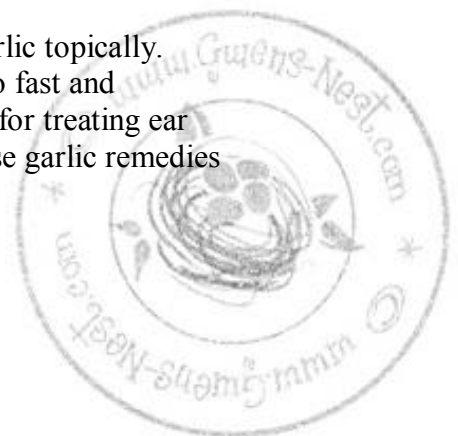
Alla Checca (a fresh tomato/basil and garlic pasta)

Hummus

White Gazpacho (featured on the recipe section at www.gwens-nest.com)

Using Garlic as an Antibiotic

To get the most out of garlic's powerful antibiotic, allicin, we use garlic topically. Garlic presses are my treatment of choice, simply because they are so fast and easy...think of it as an herbal transdermal patch. Garlic oil is useful for treating ear infections, and GOOT or garlic oil are great for treating rashes. These garlic remedies should be made fresh each time for maximum benefit.



How to Make A Garlic Press

Step One:

Put a spot of oil on a paper towel. You can use any kind of oil. I like sweet almond oil because it smells nice, but cooking oil will do. This will act as a carrier oil for the allicin, which is oil based, as well as protect the skin.



Step Two:

Lay the paper towel down, grab a clove or three of garlic. Cut the clove open (no peeling necessary), and lay it cut side down on the oil spot on the paper towel. (If you're using a hammer to smash the cloves, fold the paper towel over the garlic.)



Step Three:

Beat the garlic with a hammer or smush it with a spoon. Smash it good. You want to release all that good juice. Remove the peels if you like at this point.



Step Four:

Fold the sides up and over the garlic, so you have a nice, neat little pad of paper towel with an oily garlic spot on the bottom.

Hold in place over the area being treated for two to three minutes. We most commonly use presses on the neck in my house. I try to treat hourly at the onset of an illness, and usually set my timer to remind myself.

Tips:

- Move press from place to place if it stings.
- You may use the press on multiple family members.
- It is probably most effective within the first fifteen minutes of crushing the garlic.
- To cut down on the smell, cover the press with a scarf.

Garlic Oil

To make a simple garlic oil: Place a small bowl inside of a larger one. Carefully add hot tap water to the large bowl, so that it warms the smaller bowl but doesn't flow into it. Add a teaspoon of olive oil, and a crushed clove of garlic to the smaller bowl. Let it sit

for 5 minutes. Warm garlic oil may be used as drops for ear infections, or rubbed on a rash or insect bites.

GOOT Garlic Oil Ointment

GOOT is a thick garlic and oil paste; rubbed into the skin, it transfers raw garlic oil directly into the blood stream. GOOT is said to keep for two weeks in the refrigerator, but I find that it is most effective when used fresh...which is why the garlic presses are my preference.

Directions:

To make GOOT, blend equal amounts of liquefied (slightly warm) coconut oil* and olive oil. I usually just use a 1/4 cup. Add in same amount (1/4 c.) of fresh chopped garlic. Blend with a stick blender or regular blender until smooth. You may strain out any chunks if you wish. Store in the fridge. It will become a thick paste as soon as it cools down.

*Coconut oil is used to thicken the mixture quickly, but you may also just use olive oil and it will firm up overnight in the fridge. Extra-virgin, or cold pressed Coconut oil, which smells like coconuts, also has anti-fungal properties, so it is useful if treating a fungal rash or infection.

Garlic Remedies for Specific Illnesses

Colds, Flus and General Infections: Apply garlic presses hourly at first sign of illness. or

Rub GOOT on chest for chest congestions and on neck for sore throat. At night, apply GOOT on the feet of adults, children, or infants to fight infections. You may find it useful to cover your feet with old socks to prevent oiling your sheets.

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Feed entire family foods prepared with fresh garlic to boost immunity.

Skin Infections and Rashes: Rub GOOT or fresh garlic oil onto the area to treat Athlete's foot, jock itch, yeast or other related infections. Apply on rashes any place.

Yeast Infections: Insert a clove of garlic with slits cut into the sides, or a GOOT suppository before bed. Wearing a pad is recommended. You may create easy to use suppositories by using all coconut oil in the GOOT recipe, and pouring into the ice cube trays designed for water bottle 'tubes'.

Ear Infections: Slightly warm garlic oil dropped in the ear, or simply cut a clove of garlic and wrap in a warm wet paper towel and hold over the ear until pain subsides.

Sore Throat: Garlic press on the neck, or hold a clove of garlic in the cheek and bite down with molars. Hold in place 5-10 minutes, or as long as you can stand it.

Bug Bite Reactions: Rub with a fresh cut clove of garlic, fresh garlic oil, or use a garlic press.