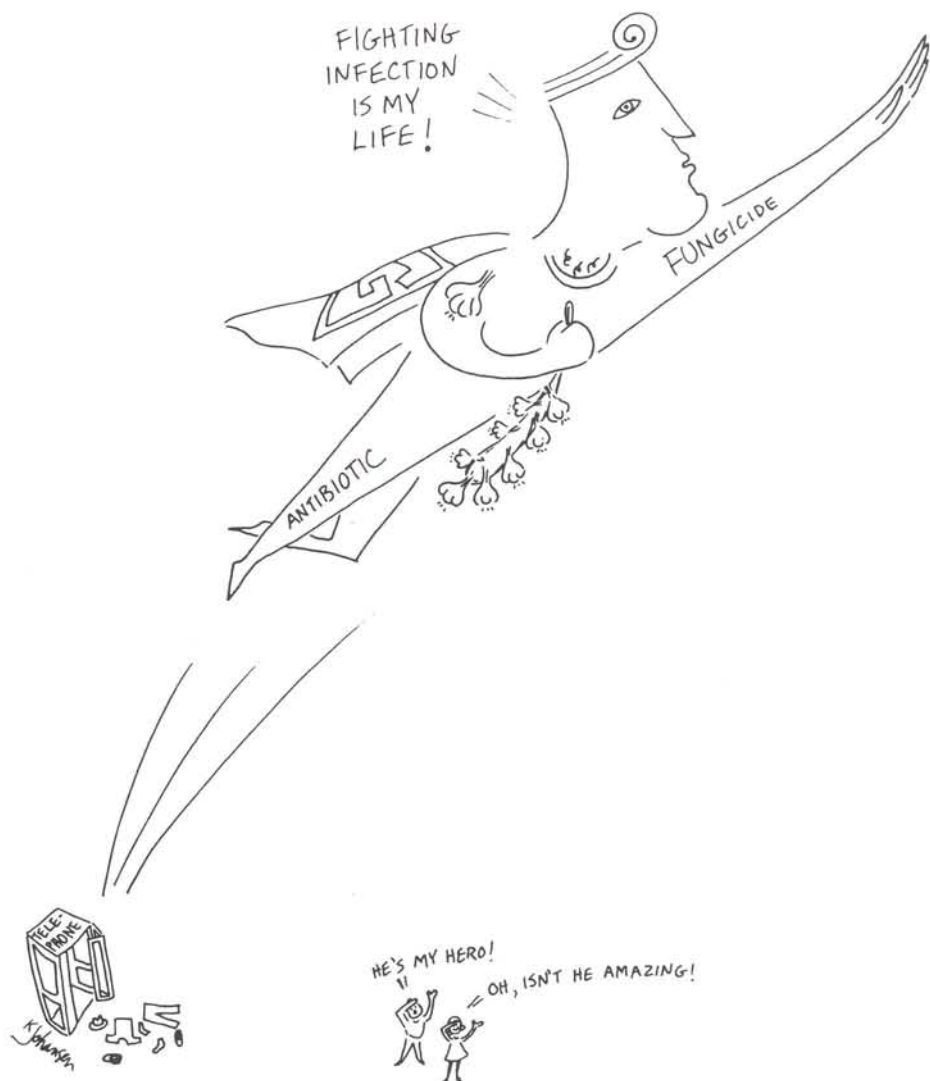


GARLIC



CHAPTER VI



GARLIC

Allium sativum L.

*Garlic goodgirl smells great, she is calm and serene,
To high blood pressure, infections, and fungus, she's mean!
She's for people, plants, pets; for both outside and in;
When she soaks in your footbath, you'll wear a big grin.*

PERSONALITY PROFILE—GARLIC

If I could take only one herb with me to that proverbial desert island, I would take fresh Garlic to use and grow. Chinese texts dating back to 2,000 B.C. speak of the healing potency of Garlic. I don't think there is a country in the world that has not known and researched the powerful medicinal qualities of this amazing herb. If your scientific curiosity gets nudged in reading about Garlic here, there is much more data available in the books listed in the Resource List, Appendix C.

Fresh Garlic has many active constituents including alliin, allicin, alliinase and unique sulphur compounds. Allicin and the wonderful sulphur compounds of Garlic are the ingredients primarily responsible for Garlic's famous potency as an antibiotic and fungicide and for its use in healing high blood pressure, for lowering cholesterol, for

helping to prevent certain types of cancer, and for its use as an immune stimulant. Allicin is a strong antibiotic agent produced when the alliin and the alliinase are merged together, as happens when a fresh Garlic clove is crushed or chewed. When the allicin is first produced it has a strong antibiotic action and thus can kill bacteria and many viruses. **Fresh Garlic, therefore, is the preferred form for this herb's most potent, all encompassing action.** Second choices would include Garlic in its dried/powdered form, a commercially prepared form, or in its homemade Garlic oil form (usually for infants or small children—see Garlic Oil application.)

Allicin is quite volatile, however. When fresh allicin (not Garlic Oil, or other commercial preparations) is exposed to oxygen it has an active life of only 24 to 48 hours at room temperature. Allicin is also heat sensitive. **For healing purposes, therefore, do not cook Garlic,** as this will essentially negate the effect of the allicin and other components of the herb. Sulphur compounds in Garlic strengthen the immune system, lower high blood pressure, and also fight infection. Garlic also contains significant amounts of the trace minerals selenium and germanium, as well as vitamin C. These are important in strengthening the nerves and skin.

Together, these properties make Garlic a remarkable infection-fighter, especially when combined with Cayenne as a “carrier” (see Carrier Herbs in the index). For more data on the chemistry of Garlic, see *Herbal Pharmacy*, by John Heinerman and *Garlic, Nature's Original Remedy*, by Stephen Fulder and John Blackwood. Both are listed in the Resource List, Appendix C. Processing methods are crucial to Garlic's potency. Some commercial preparation companies emphasize the sulphur compounds while some companies emphasize the allicin compounds, and these manufacturers argue endlessly in their literature about which process is best and which formula has the strongest healing action. I recommend the products of Kyolic, Arizona Natural, and Kwai. These companies produce Garlic tablets, Garlic pearls, Garlic oil and Garlic macerate of adequate quality. Such preparations can always be used in place of raw Garlic when there is a need for lessening the Garlic aroma, or when raw Garlic is not convenient for some other reason. However, keep in mind that my strongest recommendation for most cases is to use raw Garlic.

In purchasing raw Garlic, look for fresh, tightly packed and plump bulbs free of mold or any other contamination. The best Garlic I ever purchased was organically grown by a farmer in Mexico, but usually I buy Garlic at the local grocery store, taking my time to pick out a few of the best bulbs available. I store my Garlic in a ceramic jar on my kitchen counter. In addition I always keep a few ounces of powdered Garlic, from an herb store, and some home-made Garlic oil on hand. I brew the oil from the fresh Garlic (see the Garlic Oil application). With these three forms of Garlic on hand I rarely need anything else to stop or prevent most types of infection, internally or externally.

Sometimes I hear complaints about the strong aroma of Garlic, particularly raw Garlic, or its spiciness on the tongue. Many new Garlic converts lack ideas on how to eat a quantity of raw Garlic in a pleasurable manner, so here are a few simple suggestions.

FUN AND EASY WAYS TO EAT GARLIC

1. For pleasure, or to minimize hotness on the tongue or in the stomach, eat slices of raw Garlic simultaneously with bites of raw fruit like apple, peach, or pear, or in fruit sauces such as applesauce. Some people prefer to chop up some Garlic and mix it with a spoonful of honey before chewing. With these methods most children and adults will grow to enjoy Garlic.
2. A "Garlic sandwich" is another pleasurable method for ingesting raw Garlic or for buffering the spiciness. Start with whole grain bread spread with your favorite butter or mayonnaise. Next add as much raw Garlic as you need and maybe some lettuce or tomato slices. The idea here is to eat a lot of Garlic with just enough sandwich around it to buffer the spiciness.
3. There are odorless, commercial preparations of Garlic available, such as the Kyolic brand found at most health food stores. Although they can offer some beneficial results and are convenient when you need them, I still prefer the three forms mentioned above (fresh, dried, or Garlic oil).
4. My all-time favorite Garlic ingestion technique is to make Garlic Popcorn! In a blender, mix:
 - lots of peeled raw Garlic (powdered Garlic is OK as a second choice but not for real Garlic lovers).
 - tamari soy sauce or salt, or any other spices according to taste. I like cumin and dill weed.

- a small amount of olive oil (or other cold-pressed oil) mixed with one or two parts water—enough oil/water to cover the Garlic and still make a concentrated brew. The water is important so the mix doesn't end up being too oily for a body in the midst of a healing crisis.

Blend extremely well and dribble heavily over the popcorn you've made. The idea for medicinal use is to have this mixture heavy on the Garlic sauce and lighter on the popcorn, but it's not crucial. Being a Garlic popcorn-lover myself, I usually make it so strong that I can blow your eyelashes off at 100 paces—not that I'd want to but I enjoy the Garlic popcorn immensely nonetheless. (See the TASOLE about Garlic popcorn in the Thrush application.)

To transform "Garlic breath" eat a generous mouthful of raw parsley, or chew on a Clove bud or a bit of Cinnamon stick, or put a drop of Peppermint oil on your tongue. You could also rinse your mouth with equal parts of lemon juice and water, or chew on orange peel, or munch on a few roasted coffee grounds for thirty seconds or so.

In addition, or as an alternative to eating raw Garlic, you can always use powdered Garlic or Garlic oil. Garlic oil is especially useful with infants and small children. There are more details on how to prepare these in the Applications list below. Students often ask me about the effectiveness of the commercial Garlic preparations that have been deodorized, concentrated in various ways, and packaged in liquids, pills, and gelatin pearles or capsules. There are a few brands that do have usable healing potency and are worth buying and using, but only as your last choice whenever the raw, powdered, or home-made Garlic oil forms are unavailable or undesirable in a particular case. Often we have to make an herbal choice based on a practical circumstance we can't change, and for times like these the deodorized commercial preparations are certainly an option.

To demonstrate the efficiency with which Garlic enters the blood and begins its work, I have often had my students do an experiment which you may want to try. At the beginning of a two hour class, everyone would peel a clove of Garlic and place it between two toes. Garlic will enter the body through the skin in this way and by the end of the class almost all of them would report they could taste the Garlic in their mouths! Some reported the Garlic taste in their mouths within five minutes. Once in awhile we would have a "tough case" who had

to begin with the Garlic clove held under the armpit. That always proved the point.

Garlic is really advantageous for use on animals! In any external wound Garlic kills infection and keeps insects completely away. Many times I have come across stray animals with old infected wounds that often contained maggots and other insects. A few cloves of fresh Garlic blended in a cup of water and used to wash or soak the area removed even the most deeply imbedded insects (see TASOLE under Pets application). Then a Garlic or People Paste poultice (see People Paste, Appendix A) would finish off the job beautifully. Internal use on animals is also quite gratifying. I am always surprised at how quickly pets develop a taste for Garlic and began "asking for it" in their food!

TASOLE: A veterinarian friend once told me about an illness that often struck the Husky breed of dog. It involved a palsy-like shaking and trembling that resembled an epileptic seizure. There was allopathic medicine available for this yet it was expensive and had to be administered every day to prevent the seizures.

A short time later, as happens many times, someone asked my help for her pet Husky who had been diagnosed with this condition. "Is there any herbal alternative to the prescription drug?" she asked.

I had used Garlic advantageously for different types of pet illnesses and I knew the herb's nerve-soothing and immune-building qualities might have some effect, so I suggested using powdered Garlic in the Husky's food. The dog's owner was doubtful that her fussy Husky would eat Garlic, but she added a small dash to his food the next morning. At first the dog took one sniff of the unfamiliar aroma and walked away. Later in the day he sniffed it again but this time took one lick before leaving. A few minutes later the dog returned and began tentatively sampling the food. By the next morning the Husky was eating his Garlic dog food easily, so his owner increased the dosage on the third day. Soon the dog was eagerly consuming a heaping tablespoon of Garlic powder on his food, and showing much more energy and curiosity about life than he had for many months. The seizure medicine was lessened gradually and then finally

stopped, and the daily dose of Garlic (at least one tablespoon each day and often more) was continued.

To test if the Garlic was really having any effect, we stopped administering it. Within three days the dog's seizures started again. When the Garlic was added again, the seizures stopped. We did this several times, just to be absolutely sure. The Garlic did not seem to cure the cause of the seizures permanently but totally controlled them. The expensive allopathic medicine, which was known to have unhealthy side effects, was discontinued. I have witnessed this use of Garlic on two other Huskies with the same results. In both cases the owners reported that the dogs' overall strength and stamina also noticeably improved.

Here is a further sampling of the direction that Garlic research is going. Garlic is becoming one of the most researched and intensively studied of all the medicinal plants. Recent research is focusing on Garlic's anticancer and cardiovascular protective effects. In fact the National Cancer Institute recently unveiled plans to commit million of dollars to Garlic research as a potential cancer fighting substance. American researchers at South Dakota State University studied the effects of Garlic oil in preventing skin tumors. They report that their findings support earlier evidence that naturally occurring sulfur compounds in Garlic may be useful for the prevention of certain types of skin tumors. Japanese researchers explored the sulphur compounds in Aged Garlic and found strong antioxidant qualities in the Garlic that help prevent aging in liver cells. Scientists at Northwestern University in Evanston, Illinois studied the anti-cancer action of diallyl sulphide in Garlic reporting their positive results in the *Cancer Letters*.

At California's Loma Linda University School of Medicine, Dr. Benjamin Lau conducted a six-month research study on the effects of Garlic on levels of blood cholesterol. All the volunteers in his study started off with high levels of blood cholesterol. One group was given four capsules of Aged Garlic every day. (I believe he used the Kyolic brand.) The second group was administered a placebo. At the conclusion of the experimental period the people who took the placebo had no change in overall levels of blood cholesterol. Those who took the Aged Garlic extract had significant changes. Their cholesterol went

down, their fats went down, fatty deposits in their tissue were broken down and passed out of the body through the intestinal tract. The LDL cholesterol levels and other fats in the blood were dramatically reduced as a result of taking this Aged Garlic extract. Their research further revealed that while Garlic reduced the so called "bad cholesterol," the LDL type that causes heart disease, it caused an increase in the good cholesterol, the HDL type that protects against heart disease.

At Tulane University, similar tests were conducted with Garlic tablets. (Kwai brand, I believe.) In this study, the adults were given 900 milligrams of Garlic, about nine Kwai tablets three times per day. Results showed that the LDL cholesterol was reduced by 11%. In their final reports, the researchers at Tulane concluded that Garlic, in dietary supplement form, had the potential for protecting against cardiovascular disease for normal healthy adults.

If all this great news about Garlic isn't enough, Professor Erick Block of New York State University at Albany created *ajeone*—a chemical made from Garlic. *Ajeone* is an anti-clotting agent that can help prevent heart attacks and strokes.

In Germany, Garlic supplements are officially approved by the government for cardiovascular preventive benefits, and Garlic supplements outsell aspirin in the pharmacies. This is another example of how far ahead Germany is to the United States when it comes to plant medicine. Support for the use of Garlic for many kinds of heart disease has also been demonstrated at Venezuela's Laboratory of Thrombosis and also at Chile's Concepcion University.

APPLICATIONS AND ATTRIBUTES - GARLIC*(Quick Reference List)*

| | |
|-----------------------|----------------------|
| ABSCESSED TEETH | HERPES |
| AMOEBIC DYSENTERY | HIGH BLOOD PRESSURE |
| ANIMAL BITES | IMMUNE SYSTEM |
| ANIMALS | INFLAMMATION |
| ANTIBIOTIC | INSECT BITES |
| ANTISPASMODIC | INSECT REPELLENT |
| ARTHRITIS | KIDNEY INFECTION |
| BATH | LUNGS |
| BITES | MONONUCLEOSIS |
| BLOOD POISONING | MOUTH INFECTION |
| BLOOD PRESSURE | MUCUS |
| BOILS | NERVINE |
| CANCER | OIL |
| CANDIDA | PARASITES |
| CHOLESTEROL | PETS |
| COLDS and FLU | PIMPLES |
| CONGESTION | PLANTS |
| COUGH | PNEUMONIA |
| COUGH SYRUP | POULTICE |
| DIARRHEA | RASH |
| DIGESTION | REJUVENATING ELIXIR |
| DYSENTERY | SINUS |
| EARACHE | SKIN INFECTION |
| ENEMA | SLEEP |
| EXPECTORANT | TEETH |
| FOOTBATH | THROAT |
| FUNGUS | THRUSH |
| GANGRENE | TONIC |
| GARLIC BATH | URINARY TRACT |
| GARLIC ENEMA | VAGINAL INFECTION |
| GARLIC OIL | VERMIFUGE |
| GARLIC POULTICE | WARTS |
| GARLIC WATER | WOUNDS |
| GUM INFECTION | YEAST INFECTION |
| HEPATITIS | |

FORM:

Raw Garlic, dried powder, commercial preparations, self-made Garlic oil (see Garlic Oil recipe, this chapter)

APPLICATION METHODS:

Internal uses: Eat fresh clove of Garlic or dried powder following one of the techniques listed in the Personality Profile. Garlic can also be applied internally using Garlic Oil, Garlic Water, Enhanced Garlic Formula (see Garlic Oil, Garlic Water, and Antibiotic applications), or commercial preparations. Also, one or two fresh Garlic cloves can be juiced with other vegetables as a tasty and healing drink. **Externally,** use a poultice made from fresh Garlic, dried powder or Garlic oil. Also simply rub the juice from a cut piece of Garlic directly onto a small wound, rash, or insect bite.

AVAILABILITY:

Grocery store, herb store, grow your own, open air markets around the world, mail order (See Buyers Guide, Appendix D.)

HINTS/CAUTIONS:

The raw juice of Garlic may raise a water blister when applied to sensitive areas of the skin like the inner thigh or abdomen or the bottoms of a baby's feet. I generally don't consider this a problem. Yet if it is an inconvenience, or too irritating for any reason, there are easy ways to handle it. Wrap the raw Garlic in a thin layer of gauze or tissue, or cover the area of skin first with a light layer of petroleum jelly. The water blister may still arise under the jelly, yet it will be protected by the jelly and won't be irritated or sore. The water blister can be gently drained by piercing its side if desired. With a little time, however, it will drain naturally. Do not take the tops off these blisters as this will temporarily make a sore spot. This phenomenon is actually a fairly easeful (and sometimes expected) way for the body to eliminate poisons.

There are a huge variety of types, styles, and sizes of Garlic. Keep this in mind when determining a dosage. Obviously a dose of 1 clove of an average-sized Garlic (about 1 inch long and 1/2 inch wide) will be far less than a dose of one clove of Elephant Garlic which can be inches in diameter! However, I have never heard of an overdose of Garlic. Simply use common sense.

GENERAL DOSAGE: **INTERNAL USE**

**PLEASE NOTE: There are some additional forms of usage for Garlic which I do not put here in detail, such as Honeyballs, Capsules, Children's Ideas, etc. See these applications and Dosage Equivalents in Chapter I, Lesson #2.*

Infants to 3 years: Garlic oil is most often used and administered by the dropperful (1/4 to 1/2 tsp.), followed by a few swallows of water, or juice, or mother's milk (for a nursing infant). Garlic oil can be taken as often as every two hours up to eight times a day, depending upon the seriousness of the condition. 1 tsp. of Garlic oil equals approximately 1 average clove of raw Garlic when using the Garlic oil formula I have listed under that application. I have known many three-year-olds who will chew up a piece of Garlic with a bite of fruit and this method could be used for ingesting up to 5 Garlic cloves a day. A "5 clove" child is a real Garlic lover!

Children 4 to 10 years:

- Garlic oil, 1/2 to 1 tsp., as often as every two hours up to eight times a day, depending upon the seriousness of the condition. 1 tsp. of Garlic oil equals approximately 1 average clove of raw Garlic when using the Garlic oil formula listed under that application.
- Or, powdered Garlic (plain), 1/8 to 1/4 tsp., as often as every two hours up to eight times a day, depending upon the seriousness of the condition.
- Or, powdered Garlic in the form of the "special enhanced formula" (under Antibiotic application), 1/4 to 1/2 tsp., as often as every two hours, up to eight times a day, depending upon the seriousness of the condition.
- Or, fresh raw Garlic (average size 1 inch long by 1/2 inch wide), 1 or 2 cloves, eaten as often as every two hours up to five times a day, depending upon seriousness of the condition.

In mild cases of cold or flu, congestion, cough, etc., generally three to four doses are all that is needed during a day.

Any of these doses of Garlic could be taken with a little juice, fruit, applesauce, honey, cracker, or some other healthy yet small tidbit to lightly buffer the stomach. This will prevent any indigestion that might occur on an empty stomach.

Children 11 years to Adults:

- Garlic oil, 1 or 2 tsp., as often as every two hours up to eight times a day, depending upon the seriousness of the condition. 1 tsp. of Garlic oil equals approximately 1 average clove of raw Garlic when using the Garlic oil formula listed under that application.
- Or, powdered Garlic (plain), 1/4 to 1/2 tsp., as often as every two hours up to eight times a day, depending upon the seriousness of the condition.
- Or, powdered Garlic in the form of the "special enhanced formula" (under Antibiotic application), 1/2 to 1 tsp., as often as every two hours, up to eight times a day, depending upon the seriousness of the condition.
- Or, fresh raw Garlic (average size 1 inch long by 1/2 inch wide), 1 or 2 cloves, eaten as often as every two hours up to five times a day, depending upon seriousness of the condition.

In mild cases of cold or flu, congestion, cough, etc., generally three to four doses are all that is needed during a day.

Any of these doses of Garlic could be taken with a little juice, fruit, applesauce, honey, cracker, or some other healthy yet small tidbit to lightly buffer the stomach. This will prevent any indigestion that might occur on an empty stomach.

Pets and Other Creatures: Administer in the same ways as for humans. Dosage size depends upon body weight. For tiny or baby animals use dosage as for an infant child. A small bird would get 1 or 2 drops of Garlic oil. For an animal the size of a horse the estimate of dosage might be double that for a large man. With large animals I usually add Garlic powder to the feed, or mix chopped Garlic with honey and then gently push this "pellet" down the animal's throat, far enough to have it swallowed. Obviously, the latter method does not work for every large animal. I would be discriminating about trying it on an angry animal, especially one with sharp teeth or claws.

GENERAL DOSAGE: *EXTERNAL USE*

SAME FOR ALL HUMANS AND OTHER CREATURES

Use Garlic externally as an antibiotic, insect repellent, fungicide, or against parasites.

Garlic oil can be rubbed into the affected body part, or if an infection is in the ear, the oil can be used as eardrops.

Powdered Garlic (plain, or use the Enhanced Garlic Formula under the Antibiotic application) can be applied topically as a dusting powder for infection, fungus, rash, or mild skin abrasions. Used as a poultice, the powder is moistened with a little water, aloe vera gel, honey (not for outdoor animals, as honey draws insects), or other moistening agent and applied 1/8 to 1/2 inch thick to the affected area. Clean the affected part with Garlic water, or other disinfecting wash, and repack with a fresh poultice two to five times a day depending upon the seriousness of the condition.

Fresh Garlic, chopped, crushed, or sliced, can be used alone or mixed with another herb from the Ten Essentials as a poultice 1/8 to 1/2 inch thick over the area. For a small need, such as a scratch or insect bite, tape a slice of Garlic, juicy side down, onto the area. These poultices will speed healing and prevent or treat infection.

Raw Garlic juice can be rubbed onto an affected body part. Simply cut a clove of Garlic and rub the juicy part onto the area.

Also see Animal Bites and Pets applications.

APPLICATIONS AND ATTRIBUTES – GARLIC

ABSCESSSED TEETH: Make a small poultice by wrapping a raw Garlic clove (not cut, the juice would sting your mouth) or Garlic powder in a single layer of gauze to buffer sensitive gum tissue. Position the poultice next to the abscess between cheek and gum. Use Clove oil rubbed directly on the gum for pain relief. Take the Enhanced Garlic Formula (see Antibiotic application) and/or drink 2 to 6 cups per day of a blood-purifying herbal tea such as Chaparral, Comfrey, or Yarrow. Review those chapters (Chapters III, V, and XI) before deciding which one(s) to use.

If you have had an extraction of a tooth where there is or was also infection present, it works well to press Garlic powder or Garlic oil combined with Clove powder or Clove oil into the extraction hole for pain and infection relief. This is an excellent alternative to allopathic drug treatment. This Garlic/Clove poultice is a great trick to know when a tooth problem begins and there is no dental help available.

Garlic will not repair tooth decay, however. You still need a dentist for that!

ALSO SEE: Antibiotic, Bath, Footbath, Garlic Poultice

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Clove, Comfrey, *Echinacea (see Echinacea, Appendix F), *People Paste, Peppermint Oil, Yarrow
DOSAGE: Use externally as given. Internally use the General dose.

AMOEBC DYSENTERY: Pay attention to this use of Garlic especially if you travel in places like Mexico, India, Southeast Asia, etc. Garlic can be found almost anywhere in the world at open-air markets. The best self-help I know is to eat 1 or 2 cloves of raw Garlic every few hours throughout the day. Take a small bit of mild food to buffer the stomach if needed.

As Garlic is a strong vermifuge (it kills certain parasites), it begins knocking out amoebas almost immediately. The more the body becomes saturated with Garlic, the stronger it works. Use Garlic early on, if possible, before the parasites become solidly entrenched. A Garlic enema is the ideal addition to the regular internal use of Garlic. Even without the enema, however, Garlic is often the answer to amoebic dysentery. After a bout of amoebic dysentery, it is sometimes necessary to use raw Garlic, in lesser doses, for up to a month to make sure the problem does not recur. Also, when possible, continue taking a Garlic enema every two or three days until three enemas have been taken. This is a necessity for stubborn cases of amoebas.

Consult the Diarrhea application to find ways to stop the diarrhea while you continue to work on the amoebas.

As a preventive measure, eat Garlic daily especially when traveling in more primitive areas. In this way, even if you do ingest some amoebas (or other parasites) there is a good chance they will not survive in your digestive tract.

ALSO SEE: Antibiotic, Bath, Diarrhea, Garlic Enema, Garlic Water, Parasites

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, Sipperry Elm
DOSAGE: Take the higher doses described in the General Dosage and be consistent about keeping the Garlic pumping through your system.

ANIMAL BITES: These wounds need to be cleaned at once with a strong antibiotic wash such as Garlic Water (see that application), or a strong infusion of Chaparral or Yarrow herb. Sometimes a bite that is mostly a series of puncture wounds, without much torn skin, needs to be soaked thoroughly in the antibiotic solution to deeply treat the punctures. Depending on the seriousness of the bite, it can then be sprinkled with People Paste herbs or wrapped with a Garlic poultice or People Paste poultice.

For a serious bite, use an internal antibiotic formula such as suggested in the Antibiotic application in this chapter or in the Chaparral chapter (Chapter III). A blood-purifying tea, such as Yarrow, Chaparral, or Comfrey, taken 4 cups a day for three to six days, is an additional preventive for blood-poisoning and infection.

Always remember to take Cayenne for shock following a startling experience such as an animal bite.

To stop bleeding that may accompany an animal bite, use Comfrey root powder or Cayenne powder.

ALSO SEE: Antibiotic, Blood Poisoning, Garlic Poultice, Wounds

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), *Garlic Water, *People Paste, *Yarrow

DOSAGE: General

ANIMALS: See Pets/Livestock application

ANTIBIOTIC: Garlic is the #1 **Herbal Antibiotic** for any internal or external use. Read why this is so in the Personality Profile. The following formula doubles, or even triples, the strength and effectiveness of Garlic alone, while it helps the body to more quickly assimilate the Garlic and thus put it to work. I rarely have to use anything else besides plain Garlic or this Enhanced Garlic Formula when an antibiotic action is demanded.

ENHANCED GARLIC FORMULA

1 part Garlic powder

1 part powdered calcium ascorbate (a form of vitamin C)

1/4 part Cayenne powder

1 part = 1 pinch, 1 oz., 1 Tbsp., etc., depending on the amount of the formula you intend to make. See Chapter I, Lesson #6 for more details about preparing herbal formulas.

The powdered calcium ascorbate vitamin C that I normally use is found at health food stores and has a potency of 1/4 tsp. = 1 gram of vitamin C. If you prefer, you could mix only the Garlic and Cayenne together as powders and take 1 gram of vitamin C (calcium ascorbate) in tablet form with each dose or as needed.

I recommend making a large enough quantity so you always have extra on hand for emergency use. Store in an airtight container in a cool, dry place for best shelf life.

If you are not getting the results you want from the Enhanced Garlic Formula you may have a tough-case "germ" that calls for an additional antibiotic herb such as Chaparral or others among the Ten Essentials. Several additional antibiotic formulas are listed in the Chaparral chapter (Chapter III). Here is another one that uses Garlic:

ALTERNATIVE ANTIBIOTIC FORMULA

Mix together equal parts of Chaparral, Garlic, and Slippery Elm powders for internal and external use.

Begin taking a dose of some form of Garlic at the first signs of an illness. For some of us this first sign is a certain type of grumpiness; for others it is a scratchy throat. One or two doses of Garlic will generally act to prevent these first signs from becoming full-blown illnesses. If more is needed, however, the next step would be to continue the proper doses of Garlic as specified in the General Dosage. For an average cold, a dose of Garlic every two or three hours is good, but even less frequent doses can still work quite well. Feel free to experiment.

When using Garlic as an antibiotic, always drink at least two quarts of pure water and/or herb tea during the day to help flush toxins out of your body. At any stage you may want to consider using a Garlic enema to speed recovery. For stubborn or harsh illnesses such as pneumonia, hepatitis, and virulent forms of the flu, etc., definitely use a Garlic enema (see Garlic Enema application) in addition to the internal doses of Garlic. A Garlic poultice (or a poultice made from another appropriate Ten Essentials herb) applied externally directly over the affected area (i.e. lungs or liver), or a Garlic poultice applied on the bottoms of the feet, will strongly draw toxins out. (Application to the feet is usually for children but can also work well for thin-skinned adults.) See the Garlic Poultice application.

Review the fun ways to eat raw Garlic and the hints for dealing with “Garlic Breath” in the Personality Profile above. These suggestions really help turn a Garlic resister into an enthusiastic (or at least willing) Garlic ingester.

In cases where an odorless Garlic formulation is absolutely needed, a commercial, odorless variety of Garlic preparation can be used as a second choice.

For small external infections such as an infected mosquito bite, cut a slice of Garlic and rub the spot with the wet, juicy side of the Garlic slice.

ALSO SEE: Amoebic Dysentery, Garlic Bath, Diarrhea, Digestion, Footbath, Garlic Enema, Garlic Oil, Garlic Poultice, Garlic Water, Gum Infection, Hepatitis, Herpes, Immune System, Wounds, Yeast

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Cloves, Comfrey, *Echinacea (see Echinacea, Appendix F), *People Paste, *Yarrow

DOSAGE: General or as given in specific application

ANTISPASMODIC: Taking Garlic internally can act as a potent antispasmodic and nervine, actions which relax tension in the nerves and body tissues (see Nervine application). This soothing and calming action of Garlic is beneficial for relieving spasms in any body part, especially if the spasm is the result of tension or anxiety.

Try Garlic for spasms of the blood vessels to and in the head, resulting in tension headache; for spasms or cramps in the lower abdomen resulting in spastic colon; alone or with a dose of calcium lactate or calcium gluconate for muscle spasms in general.

ALSO SEE: Blood Pressure, Nervine

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Clove, Ginger, Peppermint

DOSAGE: General

ARTHRITIS: Many forms of arthritis respond quickly to Garlic because of the anti-inflammatory action in its allicin and sulphur compounds. “Garlic gives me rapid pain relief,” many of my friends have told me. I have had good results with some people using the odorless Garlic supplements available commercially, so there is no reason not to use some form of Garlic regularly if you suffer from arthritis pain.

In my experience, arthritis is one of the diseases that responds the fastest to a change in diet. In close to 100% of all the cases I have worked with, I have seen mild to dramatic results from simple changes

in diet. See the book *Intuitive Eating*, by Humbart Santillo for step by step help. (See Resource List, Appendix C).

ALSO SEE: Antibiotic, Antispasmodic, Garlic Bath, Nerve

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Clove, *Comfrey, *Echinacea (see Echinacea, Appendix F), Ginger, Onion, Slippery Elm, *Yarrow

DOSAGE: General or as given

BATH: See Garlic Bath application

BITES: See Animal Bites and Insect Bites applications

BLOOD-POISONING: Soak the affected part in Garlic Water or a Garlic Bath (see those applications) and take Garlic internally. In addition, drink at least one quart of blood-purifying tea like Yarrow, Comfrey, or Chaparral each day. You should see signs of poison reversal within twenty-four hours. You can then start decreasing the dosage as the symptoms continue to subside.

Sometimes for a less severe case of blood poisoning, a few doses of Cayenne, perhaps thirty minutes apart, can stimulate your circulation into carrying off the poisons right away. It is still important to drink at least two quarts of water or blood-purifying herb tea to supply the extra body fluids needed to carry off the poisons.

ALSO SEE: Antibiotic, Gangrene, Garlic Poultice, Garlic Water, Wounds

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), *Yarrow

DOSAGE: General and as given

BLOOD PRESSURE: Garlic can help both high and low blood pressure problems. I will address high blood pressure (HBP) first.

In 1948, Dr. F.G. Piotrowski of the University of Geneva surprised the medical world with his announcement of the discovery of a natural food that had "astounding results" in lowering high blood pressure (HBP). There had been many similar reports from around the world, including from India, Germany, and Russia. The natural food referred to was none other than Garlic!

Many of my students and friends have kissed their HBP problems goodbye upon discovering the use of Garlic. For one thing, Garlic has a high amount of natural sulphur, which calms the nerves and strengthens the heart. In Dr. Piotrowski's findings he suggested that Garlic had a gently dilating effect on congested and restricted blood vessels. I

knew that Garlic worked for HBP and used it regularly on friends for years before I began to find out why it worked. If you have interest in more of the "whys," see *Herbal Pharmacy* by John Heinerman, *Natural Healing With Herbs* by Humbart Santillo, and *Garlic* by Dorothy Wade; these are all listed in the Resource List, Appendix C.

Self-help for HBP is to ingest Garlic on a daily basis. Fresh Garlic, powdered Garlic, or home-made Garlic oil are still my preferred suggestions. However, even commercial preparations of Garlic are often satisfactory. Begin by taking Garlic several times a day in some form, adjusting the dosage until you find the amount right for you. For instance, start with 1/4 tsp. Garlic powder three or four times a day. Or, purchase a commercial preparation of odorless Garlic that comes in gelatin "pearles" (similar to a capsule) and start by taking 3 to 5 pearles up to four times a day. I have never seen or heard of any bad side effects from taking too much Garlic, so you can feel confident in taking regular, healthy doses. You will cut down later as your body heals itself.

There are dietary changes that will augment the reducing of HBP, like eating a no-salt or low-salt diet and avoiding fried foods. A person taking allopathic treatment for HBP is advised to consult his/her doctor before experimenting with taking Garlic as a dietary addition to prescription drugs. It's always best to take differing remedies at separate times during the day. I usually find that fewer and fewer drugs are needed as the Garlic begins its amazing work. I suggest carrying a convenient form of Garlic with you so that as soon as any HBP symptoms begin, you can take an extra dose of Garlic to help rebalance the situation.

Garlic can also help to rebalance low blood pressure problems. The same general principles for determining the dosage apply for low blood pressure as for HBP. In addition the blood building, stimulating, and circulation-strengthening properties of Cayenne and/or Ginger should be incorporated into any program for low blood pressure.

ALSO SEE: Antispasmodic, Nervine

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Cayenne, Clove, Comfrey, Onion, Yarrow

DOSAGE: Use as given or experiment according to the form of Garlic used

BOILS: Take Garlic internally as recommended in the Antibiotic application, or use an alternative antibiotic or blood-purifying herb internally. Use a Garlic poultice on the boil to draw it to a head and

encourage it to drain naturally. You may need to open the boil, however, with a sharp, sterile instrument to effectively drain it. Keep the area clean and repack it with a fresh poultice two to three times a day, or as needed. After the boil is thoroughly drained and on its way to healing, you may want to switch to a more soothing poultice of People Paste, Comfrey, or Slippery Elm, since fresh Garlic can be irritating to the newly forming skin.

ALSO SEE: Antibiotic, Garlic Poultice, Garlic Water, Pimples, Skin

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), *People Paste, Slippery Elm, Yarrow

DOSAGE: General

CANCER: At the First World Congress on the Health Significance of Garlic and Garlic Constituents in 1993 researchers from all over the world substantiated the potential of Garlic in the prevention and possible cure of cancer. Their findings were so convincing that the National Cancer Institute, as a part of their Designer Foods Program, pledged millions of dollars for the study of Garlic as a potential cancer-fighting substance. The results of this research will be published in 1995.

As a cancer-preventive, preliminary findings suggest that raw Garlic, and/or a good Garlic formulation, be added to the daily diet. The Herb Research Foundation in the United States, publishers of *HerbalGram*, have noted that Garlic is being investigated for help with skin cancers. Although I have no specific story to tell you about my own use of Garlic for the prevention or cure of cancer, recent research is so convincing that if this is a problem you are dealing with and you would like to know the most recent finding about the use of Garlic, then the National Cancer Institute and the Herb Research Foundation would both be resources. The Herb Research Foundation is listed in the Resource List at the back of this book. On request, they will send you a little synopsis about any herb. You could ask them specifically about any findings on Garlic for cancer. Another inspiring cancer therapy resource is the book, *How To Fight Cancer and Win*, by William Fischer (see Resource List, Appendix C.)

ALSO SEE: Antibiotic

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey

DOSAGE: One fresh clove of Garlic, or 4 to 9 tablets or pearls of a commercially prepared Garlic such as Kwai, Kyolic, or Arizona Natural, at least once a day as a possible help with Cancer prevention.

CANDIDA: See Yeast Infection

CHOLESTEROL: Growing research points to the positive effect of Garlic in lessening the harmful type of cholesterol, called LDL cholesterol. For instance, the trade journal, *Whole Foods*, (Dec. 1993), cited a recent meta-analysis of 28 Garlic studies that focused on the most rigorous clinical trials. This analysis showed that Garlic supplements lowered LDL cholesterol an average of 9%. (You will also see in the Garlic chapter under the heading Blood Pressure that Garlic has preventive and helpful benefits in other areas of heart health.) The type of Garlic supplements used in these studies were, most often, concentrated Garlic pearls, available at almost any health store. I recommend the brands, Kyolic, Kwai, and Arizona Natural.

I urge you to take Garlic in some form on a daily basis, for instance a raw Garlic clove once or twice a day, or several Garlic pearls, or tablets from one of the reputable companies I have mentioned.

ALSO SEE: High Blood Pressure.

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, Onion, Yarrow.

DOSAGE: taken daily in your preferred form as needed

COLDS and FLU: See Antibiotic and Congestion applications

CONGESTION: Congestion can take many forms. You can have toxic forms of mucus (see Mucus application) clogging up just about any part of the digestive system, head, or chest. You can have the sluggish, sometimes painful, internal organs that are congested with various forms of toxic build-up (i.e., from poor diet, addictive substances, heavy medicinal drug use, etc.). Liver congestion is one of the most noticeable types of organ congestion. It results in all sorts of digestive (or should I say indigestive) upsets, besides liver and gall bladder pain. Another place where congestion is obvious is in the lungs.

For all varieties of congestion, a Garlic enema combined with ingesting some form of Garlic is my favorite approach. The Garlic enema breaks up congestion throughout the body and helps the body to eliminate it. The use of Garlic taken orally builds the immune system (see that application) and helps restore equilibrium through its blood-purifying and antibiotic properties.

ALSO SEE: Antibiotic, Garlic Bath, Cough, Digestion, Footbath, Garlic Enema, Garlic Poultice, Immune System, Mucus

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), Ginger, *Onion, Slippery Elm, *Yarrow

DOSAGE: General

COUGH: At the first sign of a scratchy throat that may be the precursor to a genuine cough, reach for the Garlic. (See Antibiotic application.) Even if the cough already has some momentum, reach for the Garlic anyway. In that case you will take more frequent doses and perhaps drink some blood-purifying or decongesting tea such as Comfrey or Ginger.

For severe cough and/or congestion, Garlic oil (or Garlic in another form) could be administered as often as every half-hour over a two hour period. Then use less frequently, as needed, perhaps once every two hours. This frequency of dosage can be used with infants and adults alike, but the amounts, of course, will vary.

Review further antibiotic formulas in the Chaparral chapter, (Chapter III).

ALSO SEE: Antibiotic, Congestion, Cough Syrup, Expectorant, Mucus

ALTERNATIVE OR SUPPLEMENTARY SELF HELP: Cayenne, Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), *Ginger, *Onion, Slippery Elm, Yarrow

DOSAGE: For children and adults use 1/4 to 1 tsp. Garlic oil to help stop a cough, taking it as often as needed. For infants and small babies you would use the smaller doses administered by dropper onto the tongue. (See General Dosage, above.)

COUGH SYRUP: For 20 to 30 minutes, slowly simmer 1 cup chopped raw Onions in enough honey to cover them. Take this brew off the heat, let cool 10 minutes and add 4 tsp. powdered Garlic or 6 to 8 crushed cloves of Garlic. (A Garlic press is best here if you have one.) Let this mixture steep (do not cook) in a covered pot until it reaches room temperature. This may take an hour or two. Use in teaspoon doses as needed for cough and as an antibiotic expectorant.

ALSO SEE: Antibiotic, Congestion, Cough, Expectorant, Immune System

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Comfrey, *Echinacea (see Echinacea, Appendix F), *Onion, Peppermint, *Slippery Elm (syrup and lozenges)

DOSAGE: For infants to 4 years, 1/4 to 1/2 tsp. as needed; children 5 years to 9 years, 1 tsp. as needed; 12 years to adults, 1 tsp. to 1 TBS. as needed.

DIARRHEA: If you have diarrhea from a viral or amoebic infection, then Garlic is the herb to try first. Overnight results in stopping or significantly slowing the diarrhea often follow taking a Garlic enema (see Garlic Enema application) as well as taking Garlic in some form orally.

Use a Garlic enema when a strong antibiotic or vermifuge action is called for. If the diarrhea is from nervous tension, poor digestion, or some recurrent intestinal irritation (other than amoebas or infection), then Slippery Elm, Comfrey, or Yarrow, taken orally and/or as an enema, are the alternatives or additions to choose. (See Chapters V, X, and XI.)

When dysentery or severe diarrhea strikes, the “double whammy” approach known to many seasoned world-travelers is to use charcoal. Take a cup of charcoal (yes, I mean the blackened chunks of wood from a fire, not the white-grey ash), pulverize it with enough water to be able to eat it or drink it down somehow, and consume the entire cup of “charcoal soup.” Use less charcoal for less serious situations. My traveler-friends and I swear that this “soup” will stop diarrhea and dysentery within three hours, 100% of the time. Charcoal is well known as an absorbent of poisons, gas, undigested substances, and much else. It collects (absorbs) the “bad-guys” and dumps them out of the system before they have time to take hold. This is called for with any kind of intestinal distress. If the distress is connected with a parasite infection, you should still supplement the charcoal with Garlic to insure long-term success.

I have used commercial herb capsules filled with charcoal powder and they work fine for mild intestinal distress. You would have to take a lot of them to equal the cupful of charcoal I am suggesting for extreme cases of dysentery or serious diarrhea.

ALSO SEE: Amoebic Dysentery, Garlic Enema, Parasites

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Comfrey, Slippery Elm, Yarrow

DOSAGE: General for oral use; use specific directions in the Garlic Enema application or use other herbal enema. (See enema instructions in Chapter I, Lesson #2.)

DIGESTION, rehabilitation: To rejuvenate an ill or inefficient digestive system and build up healthy digestive bacteria, try drinking this restorative elixir.

RESTORATIVE ELIXIR

Crush or mince one cup (or at least 16 average cloves) of raw Garlic and soak in two quarts of fresh whey (see directions below) for 12 to 24 hours at room temperature. Then strain this mixture and store the liquid in the refrigerator. Drink 1/4 cup of the liquid three to six times a day for one month, or as long as you please. Optional: Add a small amount of Cayenne to each dose to enhance the benefits.

Whey is best made by setting out certified raw cow or goat milk, at room temperature in a covered glass jar, until the milk curdles. This could take from a few hours up to a few days depending on what temperature your room is. (Pasteurized milk is a close second-best choice; homogenized milk is only used as a "last resort" when nothing else is available.) It will be obvious when the whey is ready because you will see white, soft lumps of milk solids (the curds) floating around in a somewhat clearish liquid (the whey). Strain this through a cloth and you'll have curds and whey. Use the liquid whey for this elixir and perhaps make cottage cheese out of the curds by adding a little salt. This whey contains rejuvenating digestive bacteria sometimes referred to as acidophilus, although this label is somewhat inaccurate. This home-made whey also includes B-vitamins and some digestive enzymes. The Garlic adds all the potent rebalancing properties you have read about in this chapter so far, and even many that I haven't included!

You could make this healthy bacteria-content in the whey more potent (and this step is more essential if you are forced to use pasteurized or homogenized milk) by adding the digestive bacteria cultures from a commercial acidophilus, or "live" yogurt culture, to the milk you start with. With plain, raw milk, no additives are necessary, but make sure the raw milk is certified.

I learned about this elixir from herbalists exposed to methods used at a Swedish health camp and have used the elixir for many years with great results. I have since experimented with soaking the Garlic in a commercial, liquid acidophilus instead of the home-made whey, and have gotten marvelous results.

For those who hesitate to use milk at all, or won't take the time to make whey, try this alternative. To get the acidophilus base, you will have to dilute the commercial product according to its instructions. This elixir is perfect for keeping the immune system strong as well as for rehabilitating the digestive tract. It can be used as a daily tonic for those who want to maintain good health.

ALSO SEE: Digestion, Immune System

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Cayenne, Comfrey, *Echinacea (see Echinacea, Appendix F), *Ginger, Peppermint, Slippery Elm

DOSAGE: Start with 1/4 cup, three to six times a day. Experiment with amount and frequency of doses to suit the individual case.

DYSENTERY: See Amoebic Dysentery and Diarrhea applications

EARACHE: For earaches or irritations from infection, fungus, water, coldness, etc., Garlic is one of the first herbs to think of. Orally take an antibiotic herbal formula such as the one listed in this chapter or in the Chaparral chapter (Chapter III).

It is best to treat both ears even when there is trouble in only one of them. This greatly lessens the possibility of having the ear problem transfer back and forth from ear to ear.

To remedy an earache use a few drops of Garlic oil, warmed if you like, in each ear. Hold in with a bit of cotton. Another way to use Garlic is to cut a sliver of raw Garlic to the right size, wrap it in one thin layer of soft tissue or gauze to protect the ear tissue from any Garlic juice irritation, and insert it into the ear opening. Change this Garlic sliver at least three times a day. In some cases you will see fluids and perhaps pus clinging to the Garlic when it is changed as the Garlic tends to pull out the infection. For a very painful earache, I suggest the use of Clove oil and/or an Onion pack.

For an earache from wax build-up, persistently and gently flush the ear with a warm stream of water, using a bulb syringe, until the wax begins to break up and wash out in bits. (Do not block the ear opening by pressing the bulb syringe in too far. This could result in harmful water pressure.) Have patience as you may need to keep flushing for 10 to 15 minutes. But the effort is usually well worth it. After such a flushing, soothe the ear canal with a few drops of warmed plain olive oil or Garlic oil which will also help soften and loosen any wax residues. Putting warmed Garlic oil into the ear canal half an hour prior to the flushing helps soften the wax.

ALSO SEE: Congestion, Garlic Oil

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Clove oil, *Onion pack

DOSAGE: As given

ENEMA: See Garlic Enema application

EXPECTORANT: Garlic will help pull mucus out of the lungs at the same time that it is soothing the lung tissues and helping to kill any infection. Garlic oil or Garlic cough syrup (see Cough Syrup application) are particularly good forms to use when an expectorant is needed as they coat the throat and esophagus, which hastens and prolongs the expectorant effect. For infants and small children, just a few drops or a small dropperful of the oil or cough syrup on the tongue can induce expectoration of mucus or fluid and promote healing in the lungs. Garlic in these forms will also relax the child for a good night's sleep and serve as an antibiotic as well. Any form of Garlic can help to clear the lungs very efficiently, and a Garlic Enema (see that application) is one of the best.

ALSO SEE: Antibiotic, Garlic Bath, Congestion, Cough, Cough Syrup, Footbath, Garlic Enema, Garlic Oil, Garlic Poultice, Mucus

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Cayenne, Comfrey, *Onion, Slippery Elm

DOSAGE: General

FOOTBATH: Make some Garlic water (see Garlic Water application) and add to a small tub of hot water. Soak your feet for twenty minutes or more. This Garlic footbath will draw toxins from the entire body, soothe tension and anxiety, rejuvenate sore or tired feet and legs, help treat athlete's foot, speed recovery from colds and flu, relieve toxic build-up from a daily job environment that may be physically or emotionally polluted or stressful, and much, much more! And besides, it feels so good.

ALSO SEE: Garlic Bath, Garlic Water

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Ginger, *Peppermint, *Yarrow

DOSAGE: For each one gallon of water in the footbath, add 10 to 16 cloves of fresh Garlic crushed well or blended with approximately 2 cups of water. No need to strain it for this purpose.

FUNGUS: Garlic is a potent fungicide internally and externally (as is Chaparral). I have used it profitably on athlete's foot, finger and toenail fungus, ear fungus, vaginal yeast (see Vaginal Infection application), candida, and even plant-leaf fungus! Externally I most often use Garlic powder or Garlic oil as these are generally more convenient to apply topically. For one particularly stubborn case of foot fungus, a student of mine applied crushed, raw Garlic (over a thin layer of petroleum jelly to prevent stinging) as an overnight poultice for two or three nights and this worked extremely well.

Taking Garlic internally helps with both internal and external fungus infections, especially of the yeast variety. It is doubly effective if sugar, alcohol, and products containing yeast (such as bread and beer) are eliminated from the diet. The Enhanced Garlic Formula (see Antibiotic application) is ideal for enhancing internal anti-fungal activity.

Review the Chaparral chapter (Chapter III) as this herb is also a fungicide and can be combined with Garlic or used effectively alone as an alternative to Garlic.

ALSO SEE: Earache, Footbath, Garlic Bath, Garlic Oil, Garlic Poultice, Vaginal Infection, Yeast Infection

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Echinacea (see Echinacea, Appendix F)

DOSAGE: General

GANGRENE: To prevent or possibly retard gangrene or blood-poisoning, pack the entire area thickly with pulverized Garlic directly in and around the wound. Clean out dead tissue and any pus, etc., with strong Garlic water (see Garlic Water application). One way to do this is to soak the area for 10 minutes, and then repack it with fresh Garlic poultice at least three times a day. In some cases I have seen the red lines of blood poisoning actually begin retracting within a few hours, or at least by overnight. At this point in the process the dead gangrenous flesh may start cleaning out of the wound. With that the re-infection cycle is stopped, and the wound begins healing normally.

Once the wound gets to the point where it stays free of the gross infection and blood-poisoning symptoms, you can switch to the more soothing yet strong antibiotic action of a People Paste poultice. (See People Paste, Appendix A.)

These types of infections are *very serious* and must be meticulously tended to with frequent cleanings and repackings while you also take Garlic and Cayenne internally plus a gram of the calcium ascorbate form of vitamin C each hour or two. If this method is carefully followed you should see tangible signs of improvement (such as lowering of fever, lessening of redness and swelling around wound, better drainage of infection and sloughing of dead tissue) after twenty-four hours, in which case you should continue with this program. If there is no improvement, you should seek professional help immediately.

ALSO SEE: Antibiotic, Garlic Poultice, Garlic Water, Wounds

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *People Paste

DOSAGE: General or as given

GARLIC BATH: It may sound odd to take a Garlic bath, but don't be too hasty to discard this idea. A Garlic bath is literally a euphoric experience. It is also relaxing, rejuvenating, detoxifying and an enjoyable way to dose yourself with Garlic to make short work of many common colds, flus, and daily stresses.

A Garlic bath is a dynamic form of prevention of illness, especially if you find yourself nursing a sick friend with a contagious disease.

Don't worry about carrying the aroma of Garlic. Unless you soak your whole head in the Garlic bath, in which case your hair will probably carry the scent until it is shampooed, the scent in your skin is generally undetectable. See the Ginger chapter (Chapter VII), or the Yarrow chapter (Chapter XI) for alternative types of herbal baths.

This bath is especially effective on infants and children.

ALSO SEE: Footbath, Garlic Water, Immune System

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Comfrey, *Ginger, Peppermint, *Yarrow

DOSAGE: Use 1/2 to 1 cup Garlic powder in a full tub of hot water (buy your Garlic powder in bulk at an herb store). Don't hesitate to use more or less as you play around with how it feels to you. Some people use as little as 1/4 cup and the most I ever heard of a student using was 2 cups. I admit I thought that was a bit too much! You could probably use crushed raw Garlic in the tub but it is something I have never tried. I am too lazy to peel all the Garlic if I'm not going to eat it!

GARLIC ENEMA: Taking an enema of any kind is not my idea of an entertaining activity. Nevertheless, with any number of illnesses from flu, colds and pneumonia to dysentery or mononucleosis, a Garlic enema, with its antibiotic and decongesting actions, can lessen or end the misery quickly.

Fill an enema bag with two quarts of Garlic Water (see Garlic Water application) for adults, one quart for children, or use a bulb syringe for infants. The temperature of the Garlic water should approximate the internal body temperature. If you have no experience with administering an enema, begin to develop your own technique by following the detailed instructions in Chapter I, Lesson #2.

After a Garlic enema (or any enema for that matter) it is a good idea to follow it, perhaps one hour to a day later, with an enema of plain water that contains a double or triple dose of liquid or powdered acidophilus. This will quickly replenish the colon with the healthful digestive bacteria that are usually depleted during illness. This acidophilus

enema also hastens the return of healthy bowel action, especially in a person whose intestinal balance and action is easily disrupted.

For short periods of time (usually no more than two weeks) during extreme illness, two or even three Garlic enemas (three being the rare case) per week could be useful.

ALSO SEE: Antibiotic, Garlic Water, Mononucleosis, Pneumonia, and the Enema application in Chapter I, Lesson 2

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, *Slippery Elm, *Yarrow

DOSAGE: As given

GARLIC OIL: This home-made oil can be used in place of raw Garlic, especially for infants and children. In oil form, Garlic can easily be dropped into ears for almost any ear problem in both humans and pets (see Earache application), given by drops to infants, rubbed into fungus infections, or used whenever you desire a convenient form. Always keep some Garlic oil made up and ready for use. This oil will keep its potency for a few months or longer if stored properly inside a well-sealed glass container (often a dropper bottle) in the refrigerator. One teaspoon Garlic oil equals about 1 average clove of raw Garlic. Here are the instructions for making Garlic oil.

HOME-MADE GARLIC OIL

Ingredients: 1/2 cup minced fresh Garlic
1/2 cup olive oil

Blend ingredients *thoroughly* and then add 1/4 cup more olive oil. Stir lightly, put in a covered glass jar in a sunny window, and let stand for 10 days. Shake the jar gently 3 times a day. On the 10th day, press (strain) through a cloth and store the oil in the refrigerator.

THIS IS POTENT STUFF!

After the mixture is strained, there is always a little bit of fine, white residue in the oil. It is OK to leave this in as long as it really is a small amount and very fine. Otherwise it will clog up your dropper or cause spoilage, etc.

If you find yourself in need of Garlic oil and you have none prepared, start a fresh batch according to the instructions above but use it immediately as is, unstrained. Do continue the instructions by letting the remainder of the Garlic oil sit for 10 days and then strain it, etc., but also feel free to use it as is in the meanwhile. Sometimes you may

find that you have used up the Garlic-oil-in-the-making while it was sitting in your window, before the 10 days have passed. This is OK in a crisis, but it is better to have the properly extracted Garlic oil on hand to use whenever possible.

Don't let the mixture continue standing past the tenth day. It will begin losing potency and deteriorating if not strained and refrigerated at that time. The Garlic pulp that is strained out can be eaten or used as a cooking condiment.

ALSO SEE: Antibiotic, Cough, Earache, Expectorant, Fungus

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Commercial liquid Garlic preparations are OK if you find yourself otherwise unprepared. Results may be a little slower.

DOSAGE: General

GARLIC POULTICE: Use crushed raw Garlic or Garlic powder made into a poultice. (See Chapter I, Lesson #2 for poultice instructions.) Apply externally directly over any organ or body part that is experiencing infection or congestion. This would include anything from poulticing the lungs during pneumonia (especially in children), to poulticing the gall bladder/liver area for relief of hepatitis, to poulticing a simple insect bite. Leave the poultice on for at least 30 minutes and up to overnight, depending upon the circumstances. A Garlic poultice will draw infection out of an internal source, break up congestion, and supply antibiotic action through the skin and therefore directly into the spot needed.

You can cover a poultice with a hot water bottle to keep it warm and help it to penetrate more deeply. Sometimes you may need to coat an area of sensitive skin (such as over the liver or lungs) with a light coating of petroleum jelly or plain face cream to prevent any irritation of the skin from the strong Garlic juices. Especially for children and babies, it is a good idea to pack the bottoms of their feet with Garlic to draw out infection or congestion from anywhere in the body. Be sure to coat a baby's delicate feet with the protective jelly mentioned above. Also see the special note about this under "Hints/Cautions" at the end of the Personality Profile.

During and after a Garlic poultice, especially if it is covering a large area, don't be surprised if you get the taste of Garlic in your mouth. Garlic is absorbed into the body through the skin, picked up in the blood and lymph fluids, and soon reaches everywhere in the body.

This taste of Garlic is a sign that your body is using the herb. Your sweat may also temporarily have the aroma of Garlic. Chewing on raw parsley or Cloves, or using a drop of Peppermint oil on the tongue, will help to transform the temporary Garlic aroma in your mouth. See many “breath aroma ideas” in the Personality Profile, above.

ALSO SEE: Antibiotic, Congestion, Fungus, Gangrene, Wounds

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), Ginger, People Paste, Yarrow

DOSAGE: Cover the affected area 1/8 to 1/4 inch thick with a poultice made from raw crushed Garlic or Garlic powder (add water). Cover the poultice with a band-aid or clean cotton cloth and wrap the whole thing with plastic or plastic wrap to keep it damp. Cover with a hot water bottle as needed. Leave on for an average of one hour; however the poultice can be left on overnight for severe congestion or infection. See details and cautions within this application.

GARLIC WATER: Garlic water is made from fresh Garlic crushed or blended well in pure water. Strain out the pulp, or not, according to use. This water can be added to a footbath, bathtub (see Garlic Bath application), enema bag, etc., or used as an antibiotic wash for wounds, as a spray for plant diseases, or as a plant insect repellent.

For an internal use such as an enema, begin with a mild mixture, using one (generally for babies) or two cloves of Garlic for each quart of water. For an external use such as a footbath, it is fine to have a stronger mixture, such as 1 clove of Garlic for each cup of water. To make a large amount of Garlic water it is often simplest to first make a concentrate by blending many cloves of Garlic with two or three cups of water. Then dilute this mixture to the strength desired.

If you plan to put the Garlic water through a sprayer, enema tube, etc., you must first strain it well to prevent small Garlic bits from plugging up any equipment.

ALSO SEE: Antibiotic, Footbath, Garlic Bath, Garlic Enema, Pets, Plants, Wounds

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, Yarrow

DOSAGE: As given

GUM INFECTION: See Abscessed Teeth application.

HEMORRHOIDS: Use a peeled clove of Garlic (take off “onion-skin” covering but do not break the inner skin) as a suppository and leave in overnight. This helps to calm and disinfect the area. Also drink 3 to 6 cups of unsweetened Yarrow or Comfrey/Yarrow tea each day

to continuously cleanse the blood while giving the inflamed blood vessels (hemorrhoids) a chance to heal.

ALSO SEE: Antibiotic, Tonic

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Comfrey, *Slippery Elm, *Yarrow

DOSAGE: As given

HEPATITIS: The type of hepatitis to which I am referring is the inflammation of the liver caused by eating contaminated food or water. Taking Garlic daily, especially while traveling, can go a long way toward preventing this liver disease altogether. (See Immune System application.)

However, if you do contract hepatitis, especially if you are in an out-of-the-way place with no reliable medical treatment, take Garlic every one to two hours depending upon seriousness of the case. For the most severe cases use a Garlic enema one to three times a week along with a Garlic poultice (see Garlic Poultice application) externally, right over the liver, when possible. If this seems to be working then continue the treatment, being certain to take any undue digestive stress off the liver by eating only small amounts of simple-to-digest foods and drinking at least two quarts of pure water daily.

ALSO SEE: Antibiotic, Garlic Bath, Garlic Enema, Garlic Poultice

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), People Paste (use herbs internally and as a liver poultice externally), *Yarrow

DOSAGE: General

HERPES: Garlic taken daily is often good prevention for herpes or herpes outbreaks of the genital or oral variety. It can also be used as a Garlic water wash on active sores, or as a small poultice on active sores if it is mixed with a demulcent herb such as Slippery Elm or Comfrey Root to prevent irritation.

As with any strong outbreak of disease, a Garlic enema is always a good thing to keep in mind to speed results.

Review the Chaparral chapter (Chapter III) as this herb is also specifically helpful with Herpes and mixes well with Garlic and a buffering/soothing herb like Slippery Elm.

ALSO SEE: Antibiotic, Garlic Bath, Garlic Enema, Garlic Water

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), *People Paste, Slippery Elm

DOSAGE: General

HIGH BLOOD PRESSURE: See Blood Pressure application

IMMUNE SYSTEM: To strengthen your immune system and greatly decrease your chances of getting colds, flu, etc., simply take a dose of Garlic each day. Keep this approach in mind while traveling, especially in back-country places, as it can also lessen the chances of picking up hepatitis and parasites. Even the commercial Garlic preparations can give good results in this application, although the strongest immune builder is the Enhanced Garlic Formula (see the Antibiotic application).

In addition to Garlic for this immune system purpose there are some primary alternatives to keep in mind. Echinacea (see Echinacea, Appendix F) is the herb of choice for very young patients (under three years old) when Garlic is not working or is not available. Additionally, Garlic and Echinacea make potent partners and you would do well to use them together for this purpose.

ALSO SEE: Antibiotic, Digestion (rejuvenating elixir), Hepatitis, Herpes, Nerve, Parasites

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), Ginger, Onion, *Yarrow

DOSAGE: Use the smaller general dosage perhaps once a day to help maintain good health, or two or three times a day while traveling in more adverse circumstances or tending sick friends.

INFLAMMATION: See Arthritis application

INSECT BITES: For most insect bites all that is needed is to rub the cut (juicy) surface of a Garlic clove on the bite a few times. Any itching, swelling, etc., will be prevented or greatly lessened. For an insect bite that seems more serious you may need to tape a slice of Garlic or a full Garlic poultice onto the area to prevent or draw out infection.

ALSO SEE: Antibiotic, Blood Poisoning, Garlic Poultice, Pets, Skin Infection

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), *Onion, *People Paste, *Yarrow

DOSAGE: General or as given

INSECT REPELLENT: I learned an old folk use of Garlic that really works for repelling insects. If you wear a necklace of Garlic cloves on the outside of your clothing, no insects will come around! This is a great trick for children or adults who seem to attract insects everywhere.

There is no strong smell to the necklace since the Garlic cloves are not chopped or even skinned, but only pierced on the string. However the insects certainly seem to smell it. They keep away. Try a Garlic hat band.

Use Garlic to repel bedbugs, fleas, and lice when you are traveling under "rustic" circumstances. Make small Garlic pouches or pillows to tuck into bedding, or put Garlic powder or Garlic cloves in strategic places.

These methods also work on pets for insect repelling.

ALSO SEE: None

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: For some people fresh Yarrow or Chaparral rubbed on the skin at frequent intervals repels insects. Peppermint oil also works for some people, lasts longer than the fresh plants, and smells good.

DOSAGE: One Garlic necklace per person! You don't even need to peel them!

KIDNEY (infection): See Antibiotic, Garlic Poultice, and Vaginal Infection applications

LUNGS: See Expectorant application

MONONUCLEOSIS: I was greatly satisfied to discover that Garlic works on overcoming mononucleosis. Here is what to do. As soon as mononucleosis is suspected or confirmed, begin taking about 1/2 tsp. of the Enhanced Garlic Formula (see Antibiotic application) or one to two cloves of raw Garlic accompanied by 1 gram of the calcium ascorbate form of vitamin C and 1/8 tsp. Cayenne, every two to three waking hours. If you awake during the night, take another dose. In addition to this take a Garlic enema (see Garlic Enema application) one day, alternating with an acidophilus enema the next day (also see Garlic Enema application for acidophilus instructions) until a total of three Garlic enemas have been taken. Frequent enemas are *only* used in cases of tenacious illness such as mononucleosis. Generally I recommend using enemas sparingly. You can expect, with this many enemas and this much Garlic, to have the aroma of a Garlic factory. You may, but it will be a small price to pay. Also, you probably won't have regular, if any, bowel movements as your colon will be kept quite empty.

During this time, and for at least a week or two following, eat a diet of predominantly fresh fruits and vegetables and avoid hard-to-digest foods such as processed foods, refined sugars, and fried foods.

Use no caffeine, alcohol, or nicotine if you can possibly help it. This diet will greatly enhance your chances for a rapid recovery. Get more rest than usual and drink at least two to four quarts of pure water each day as this helps the body flush itself of the poisons being released.

After the series of Garlic and acidophilus enemas (be sure to end up on an acidophilus-enema day) continue with internal Garlic doses but slowly reduce the amount and frequency. Keep up the water intake and diet suggestions.

Most students who have tried this treatment for "mono" notice improvement in their energy levels and body strength within a day or two, and steady improvement after that. They report that it is helpful to continue a maintenance dose of Garlic two to three times a day for two to four weeks following the main program in order to strengthen the immune system and lessen the possibility of any recurrence of the illness.

ALSO SEE: Antibiotic, Footbath, Garlic Bath, Immune System

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), *Yarrow

DOSAGE: As given

MOUTH INFECTION: See Abscessed Teeth, Antibiotic and Gum Infection applications

MUCUS: To pull mucous congestion from head, chest, or colon, try a Garlic enema (see that application) for fast relief. For chronic mucous congestion from an allergy or other regular irritation, remember that habitual use of enemas is not recommended. Rather I suggest that you cleanse the blood and balance the diet to strengthen the functioning of the body as a whole.

Garlic is also a well-known expectorant when taken orally, especially as a cough syrup or Garlic oil, although any form will have a beneficial effect.

I have found superb results in clearing the severe congestion of ordinary pneumonia and "walking pneumonia" by using Garlic orally, as an enema and as a poultice directly over the lungs.

ALSO SEE: Congestion, Cough Syrup, Digestion, Expectorant, Garlic Bath, Garlic Enema, Garlic Oil

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Cayenne, *Chaparral, *Comfrey, Ginger, *Onion, Slippery Elm, Yarrow

DOSAGE: General and as given

NERVINE: Garlic is often referred to as the “Peacemaker” among herbs because of its ability to soothe, calm, and strengthen the nervous system. Some herbalists, including myself, actually claim that Garlic can change an upset mood that is due to strained nerves. It is similarly effective as an antispasmodic, especially in dealing with spasms caused by nervous tension or anxiety such as certain types of headache, stomachache, abdominal cramps, and nervous muscle tension. I was very skeptical when I first learned of this nervine effect of Garlic, yet it has proved itself repeatedly.

Some people respond more readily to this nervine quality. Young children and vegetarians are, in my experience, the most sensitive groups. For myself and many of my friends, it is enough to eat a little Garlic before bed to ensure us a restful and soothing sleep after a trying day. I observe a stronger nervine and antispasmodic action from Garlic use with people who do not eat Garlic each day and therefore don’t ordinarily experience Garlic’s nervine action. On the other hand, people who use Garlic on a daily basis are much less likely to build up the kind of tension that can result in illness.

When using Garlic as an antibiotic for a cold or flu that includes an aching body, an additional effect is that those tensions and aches are often eased away. This encourages the high quality of rest that speeds recovery from illness.

Raw or powdered Garlic seems to work fastest for this nervine effect although many students report that they get fairly good results even with the commercial preparations available. For children, Garlic oil works well, and most children I know actually *enjoy* eating the Garlic oil pearles that are available at health food stores.

For hyperactive children and adults, I recommend *daily* use of Garlic in some form along with avoidance of highly processed foods and the elimination of refined sugars. These simple habits are often enough to make a noticeable difference in the stabilizing of a hyperactive nervous system. I know of no side effects to worry about.

ALSO SEE: Antispasmodic, Blood Pressure, Colds and Flu, Footbath, Garlic Bath
ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Clove, *Peppermint

DOSAGE: Use general dosage, or experiment with commercial preparations starting with their recommended dosage.

OIL: See Garlic Oil application

PARASITES: A “parasite herb” (or vermifuge) is an herb that can help eliminate or prevent parasites in the intestines and other body tissues. This is a handy thing to know when you are traveling, especially in more rustic areas where parasites are common. Mexico and India are two places where I have used Garlic in this capacity, yet parasites should not be thought of as only coming from bad food or animal dung in far-away places. Cases of pinworms in American children are so common that many parents and health professionals consider it to be “normal” and not worth treating unless these parasites start causing uncomfortable symptoms. Unless symptoms of the parasites are observed, as in amoebic dysentery, or as in bad cases of pinworms where anal and vaginal sensations such as stinging/itching irritations or “crawly” feelings (the description of a seven-year-old with pinworms) interfere with sleep, most people don’t even know they have them. Another common symptom I have noticed with pinworms is that of chronic irritation of the inside of the nose, often resulting in a frequent nose-picking habit especially in children.

In severe cases, tests can sometimes diagnose parasites. In mild cases, parasites are rarely even suspected, much less tested or treated. Pinworms are quite common, fairly harmless, and usually easy to treat by ingesting Garlic.

Garlic is an herb to try for any suspicion of parasites. If you are travelling, be aware that parasites are often airborne, especially in places where the dust contains high levels of animal dung. Use Garlic (and for that matter raw Onions and Ginger as well) as a preventive to help keep any parasites from getting a stronghold. Garlic enemas (see that application), or one of the alternative herbs used as an enema, are another means of handling intestinal parasite problems.

Chaparral is a potent parasite herb to be used with or as an alternative to Garlic for many types of parasites. (See Parasite application in the Chaparral chapter, Chapter III.) Drinking Onion Water 1/2 to 1 cup, three or four times a day, along with a Garlic enema is an additional or alternative approach to eliminating parasites. (See instructions for making Onion Water in Chapter VIII.)

ALSO SEE: Amoebic Dysentery, Antibiotic (those formulas are good for Parasites, too), Garlic Enema

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Ginger, *Onion, Yarrow

DOSAGE: Take Garlic two or three times a day as a preventive while travelling. As a preventive, even commercial preparations can be somewhat useful. For pinworms in children, have the child eat 1 clove of Garlic four to six times a day. Use a Garlic enema as needed for severe cases in adults and children, especially if any parasites can be seen in the bowel movements. However, for severe cases in children or adults, professional supervision is advised.

PETS: Garlic works wonders on external infections and keeps flies and other insects away from pets' wounds, too. Drop Garlic oil or sprinkle Garlic powder directly into the pet's ears to prevent or treat ear mites. Dust Garlic powder on birds to prevent all kinds of feather problems such as mites. Garlic powder in animal feed acts to prevent many illnesses, strengthens the immune system, and repels insects, especially when used internally and externally at the same time. The Garlic antibiotic formulas can be used internally or externally for animals. I "guesstimate" the dosage according to the animal's body weight.

TASOLE: During a time when I lived in a cabin in the woods in upstate New York, I had many occasions to fix up animals, both domestic and wild. One night as I tried to sleep I thought I heard the mournful mewing of a lost kitten, yet I got no response when I called. The sound was so faint, moreover, that I couldn't track it in the dark.

Next morning as I walked on a trail near my home I heard the sound again. This time I found a two month old kitten mewing weakly from far underneath some brush. It was a struggle to get the kitten out of its hiding place and when I finally saw its condition I doubted that it would live one more day. The kitten had been badly chewed up by another animal. The open wounds on its head, belly and legs were already full of maggots and other insects, and there were obvious signs of infection. It was amazing that the kitten had survived at all.

I prepared a warm bath in a plastic dishtub and added a blenderful of strong Garlic Water (see Garlic Water application) made from 6 to 10 cloves of Garlic. I gently held the limp kitten in the water (it struggled lightly for about ten seconds), and kept its whole body immersed for about fifteen minutes, except for the little face. In this case the kitten had so many deeply contaminated wounds that it was wiser and simpler to soak the kitten's whole body at first. In other circumstances this would not

be the best plan (usually you don't want a totally wet, wounded animal) and each wound should be washed and treated separately. During this soaking, all manner of maggots, insects, pus, blood clots, and dirt floated out of each wound. Within a short time the kitten was relaxed, started to breathe more regularly, and its painful mewling stopped. I did these soaks three times a day the first two days and then cut down to one a day for another day or two. Between baths I would gently dry the kitten's fur while checking the progress of the wounds. The rest of the time, the kitten would lie swaddled in cotton rags in a box and rest/sleep/fall into unconsciousness. Each day there were longer periods of wakefulness during which the kitten was more attentive and alert, and by the fourth or fifth day it would occasionally stand up and attempt a few steps.

I stopped the Garlic baths and instead packed the major wounds with People Paste (see People Paste, Appendix A) for the duration of the healing process. As long as the kitten was unable to eat for itself, I fed it with droppers of warm milk, and then later switched to softened kitten food in a dish.

After about ten days the kitten was outside playing during the day and eating with a regular appetite. However, its wounds had been so severe, especially to the head, that it had permanently lost the agility and balance common to cats and was retarded in its full growth. This was one of my first lessons in becoming more thoughtful about when and where "helping" might not really be "helping" at all. With pets, as with humans, this is a big question. Definitely not one with a single answer.

ALSO SEE: Any "human" use in this list that seems similar to an animal need; also see TASOLE in the Garlic Personality Profile.

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), Onion, *People Paste, Yarrow

DOSAGE: General, or as given in individual applications for people. In the case of animals, however, you usually need to use a "guesstimate" about the dosage based on body weight rather than age. For tiny creatures the infant dosages are what I use most often.

PIMPLES: Tape a small slice of Garlic directly onto the pimple overnight (wet side of Garlic covering the pimple) and it will probably be gone by morning! Sometimes just rubbing the juice of a slice of Garlic over a pimple a few times will “fix it.”

ALSO SEE: Antibiotic, Boils, Warts

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Onion, *Echinacea (see Echinacea, Appendix F), *People Paste, Yarrow

DOSAGE: General, and as given

PLANTS: Garlic water as a plant spray will repel most insects and will often cure plant fungus and other plant diseases. Sometimes, to make it more potent, I add Cayenne to the mixture (perhaps 1 tsp. per cup) plus a little mild liquid dish soap (not detergent) to help the concoction stick to the plants better.

ALSO SEE: Antibiotic, Fungus

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: Try plant spray made from strong brews of Chaparral, Onion, Yarrow, or from some of these herbs mixed with the Garlic.

DOSAGE: As given

PNEUMONIA: See Antibiotic, Congestion, Cough, Expectorant, Footbath, Garlic Bath, Garlic Enema, Garlic Poultice, and Mucus applications. Also see the Comfrey, Onion (Onion chest poultice) and Yarrow chapters, (Chapters V, VIII and XI).

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Echinacea (see Echinacea, Appendix F)

POULTICE: See Garlic Poultice application

RASHES: See Skin Infections application

REJUVENATING ELIXIR: See Digestion application

SINUS (infection and congestion): See Antibiotic and Congestion applications

SKIN INFECTIONS: I most often use Garlic powder for this need. I simply dust on Garlic powder for the lighter skin infections and for more serious ones, especially if they are weeping fluids, I use more Garlic powder and wrap the area with gauze or cotton bandage. Results

have been positive with skin infections such as ringworm, impetigo, staph, and many other infectious-looking skin disruptions.

Since raw Garlic is sometimes too irritating to use on skin areas already sensitized with a rash, my first choice in this situation would be the powdered form of Garlic. An herbal poultice such as Garlic is another method to use. When changing the poultices, regularly clean the skin with an antiseptic herbal wash such as Garlic water, Chaparral, or Yarrow in order to speed the cleansing and healing process.

If the skin infection is one of the dry or cracked-skin type, or is located on a particularly sensitive area, I buffer and enhance the Garlic with the addition of 1/2 to 1 part Slippery Elm or Comfrey root powder to every part of Garlic. Sometimes it will be necessary to use a thin coating of herbal salve on the skin before applying the Garlic poultice.

Often, for a small patch of skin infection, all it takes is to rub the juice of a slice of Garlic onto it several times a day.

ALSO SEE: Antibiotic, Boils, Fungus, Garlic Water, Pimples

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), *People Paste, Slippery Elm, Yarrow

DOSAGE: As given

SLEEP: See Nervine application

TEETH: See Abscessed Teeth application

THROAT: For throat infections, suck on a clove of Garlic during the day, changing to a fresh clove two or more times. If you take off the "onion skin" part of the Garlic but do not pierce the inner skin, the aroma is lessened and the effect is still potent.

ALSO SEE: Antibiotic, Congestion

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Clove, Comfrey, Onion, Peppermint, *Slippery Elm

DOSAGE: General, and as given

THRUSH: Thrush is a yeast infection in the mouth and is most troublesome in babies and young children because the mouth and throat tissues become coated, sore, and swollen, causing difficulty in eating or nursing. In a severe case the throat can become so swollen that breathing can become difficult for a small child. In adults a thrush (oral yeast) infection predominantly has the symptoms of a coated tongue

and mouth discomfort. In every thrush infection I have seen, the tongue becomes coated with white, starting at the back of the tongue and moving forward in observable sections as it worsens. When you begin taking Garlic for this condition, the tongue often begins clearing in marked sections starting at the tip and moving toward the back of the tongue. While the thrush is active, the rest of the internal oral surfaces may become coated with white, swollen and sore, and may be striped with reddish markings in severe cases. Eating raw Garlic, or using Garlic oil for smaller children, has always had noticeable results. The yeast begins visibly clearing within 24 hours and continues to diminish until totally cleared usually within one to three days of persistently using the Garlic.

TASOLE: One summer when I worked at a camp, I picked up thrush infection from the children there. At first I thought I must have simply burnt my mouth on some hot food as I noticed my gums were stinging and a little swollen. Later in the day I noticed that the insides of my mouth were turning a pale color and the stinging was increasing. By the end of the day the telltale sign on the tongue appeared — a white coating proceeding from back to front. The camp nurse explained what it was, and an herbalist friend told me to try Garlic. Since the camp was located far from town and from professional medical care, I agreed that Garlic was worth a try. At that time I didn't have much of a taste for Garlic and the thought of eating lots of it did not appeal to me. However I *did* love popcorn and my herbalist friend had said, "Eat lots of Garlic any way you can." I became permanently "hooked" by Garlic popcorn and it has stayed a lifelong favorite.

Being an impatient sort, I wanted the thrush infection to clear up as fast as possible. I blended about 6 or 8 cloves of Garlic in a little olive oil with some basil, cumin and Cayenne, plus a little water and soy sauce to add liquid volume without the need for more oil. I poured this sauce over a fresh batch of popcorn in a 2-quart-size bowl and ate the whole thing. The Garlic stung my mouth a little but it actually felt like a positive kind of sting compared to the sensation of the infection.

A bunch of friends around the camp smelled the herbed Garlic sauce from far across the grounds and came to investigate. After tasting what I thought was my "extra-strong medicinal batch,"

they were so pleased and impressed that we made several more gallons of popcorn and a giant super-strength batch of Garlic sauce. We easily used up an entire bulb of Garlic, which I later learned wasn't necessary (except for love of the taste) since much smaller amounts of Garlic are enough for medicinal purposes.

I ate so much Garlic in this fashion that by the next morning my mouth was 50% better just from that one Garlic feast. I ate a clove of Garlic three or four more times the following day which cleared the infection entirely. But I kept my passion for Garlic popcorn for the rest of my life.

Since Garlic is also a great relaxant (nervine), my friends and I slept very restfully that night. From many points of view that thrush infection was a great success!

Since that time I have regularly worked with infants and children with thrush infection. Although infants don't enjoy Garlic popcorn and this infection is quite uncomfortable for them, I get fine results using Garlic oil every two or three hours. They are usually able to nurse or eat comfortably again within twenty-four hours.

ALSO SEE: Fungus, Vaginal Infection, Yeast Infection

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Echinacea (see Echinacea, Appendix F), Yarrow

DOSAGE: Use Garlic oil, 1/4 to 1/2 tsp., every two hours for the severest cases in young children, or at least three times a day in less severe cases; for older children and adults, eat as much raw Garlic as you can, (ongoingly) during the day, until you have consumed 5 to 10 cloves depending on the severity of the infection. The more Garlic ingested, the quicker the infection leaves. See Garlic-eating ideas in the Garlic Personality Profile.

TONIC: See the fantastic Rejuvenating Elixir under the Digestion application

URINARY TRACT: See Antibiotic, Garlic Enema and Vaginal Infection applications

VAGINAL INFECTION: The method of treating vaginal infection with Garlic is also appropriate for any lower abdominal infection such as in the bladder, uterus, or endometrium.

Use an average-size clove of Garlic and peel off the outer onion-like skin while leaving the inner skin intact. Make sure there are no

cuts or scratches on the inner skin of the Garlic clove that would allow raw Garlic juice to seep out onto the delicate inner tissues of the vagina. This will avoid any possibility of a slight, temporary irritation. Insert the clove of Garlic far back into the vagina. Leave this in overnight and/or remove it and exchange it for a fresh one, two to four times a day. The clove of Garlic generally becomes soft and "wilted" as its healing properties are gently emitted into the vaginal tissues (and the tissues and organs of the lower abdomen as well). For stubborn infections you may need to replace the Garlic clove more often and you will want to take Garlic (or another antibiotic herb such as Chaparral) orally as this enhances the body's ability to fight off infection wherever it is in the body.

If the infection is accompanied by a vaginal discharge, as is quite common, a douche using 2 to 3 TBS. apple cider vinegar to 1 quart of water can be very soothing while promoting the proper balance of vaginal bacteria. An alternative to the Garlic clove insertion is to make a vaginal bolus using Garlic powder and Slippery Elm powder in equal parts. (See Bolus instructions in Chapter I, Lesson #2.) This method uses the antifungal and antibiotic properties of Garlic to control the infection in the vagina, whether from yeast or virus.

ALSO SEE: Antibiotic, Congestion, Fungus

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, Comfrey, *Echinacea (see Echinacea, Appendix F), *Slippery Elm, Yarrow

DOSAGE: As given

VERMIFUGE: See Parasites application

WARTS: Tape a slice of raw Garlic to the wart with the wet side of the Garlic covering the wart. Change this dressing at least twice a day until the wart and its "roots" are removed. Usually this takes 5 to 10 days. Sometimes rubbing the wart with Garlic oil or Garlic juice (from a slice of Garlic) will, over time, remove it, yet raw Garlic has the surest results by far. I have used this method to permanently remove warts as big as half an inch in diameter, and 1/4 inch thick.

TASOLE: I once had a wart on one of my fingers and decided to use Garlic on it since I knew this herb was such a potent fungicide and virus eradicator. I sliced a clove of Garlic and taped the slice directly onto the wart (wet side of Garlic slice covering the wart). Once

or twice a day I would put on a new slice of Garlic, usually morning and night, until the wart was entirely gone.

The first day there was definitely a strong, tingly sensation in the wart after the first couple of hours. By the evening the top layer of the wart was "missing." Every day I watched the wart disappear, layer by layer, until it was level with the normal skin. When I looked directly into the wart at this point, I could see a few tiny black dots within a lightly marked ring where the wart had been. I understood that these black dots were most likely the "roots" of the wart, from which another wart might grow, so I continued to use the Garlic slices and was delighted to see that, after a day or two more, the black dots also dissolved, layer by layer, until finally (looking like four or five grains of black sand) they popped up out of the bottom of the wart. The wart never came back. I was so pleased that I passed on this approach to the next person who came to me asking about wart removal.

Marty had many warts on his hands and was hesitant to tape on so many pieces of Garlic. He started with a slice of Garlic on three different warts and sure enough the wart removal followed exactly the same stages as mine had. He then taped all the rest of the warts each night before sleeping, and only kept a few of the worst ones taped during the days so as not to have the inconvenience of the aroma and the numerous band-aids to deal with.

Marty's warts began disappearing one by one. The ones that were taped day and night disappeared the fastest.

Over the years I have noticed that if the person gets impatient and does not leave the Garlic on long enough to remove what seem to be the roots (those black dots), the wart usually grows back in a month or so.

I recommend this system to children and adults regularly as it is highly successful in eliminating warts, especially from hands or feet. In a few of the worst cases the person also took Garlic internally. This seems to hasten the process.

For venereal warts, see the Chaparral chapter, Chapter III.

ALSO SEE: Antibiotic, Fungus, Garlic Poultice

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral

DOSAGE: As given

WOUNDS: Wounds of all types are usually treated in a similar manner. I use Garlic immediately to prevent infection, yet it is also effective for wounds that have been neglected, where infection has already set in. To stimulate the pulling together of tissues and to assure minimal or no scarring, I always switch to a powdered Comfrey/Chaparral mix or People Paste after a day or two.

Wash out the wound with Garlic water or other antiseptic rinse such as Chaparral. Apply Garlic powder and/or People Paste. After a day or two dress the wound with People Paste alone or with another antibiotic and tissue-healing mixture such as the Comfrey/Chaparral. Change the wound dressing at least twice a day and rinse the wound with Garlic water or other antiseptic, in between changing of the dressings.

Garlic, or a formula including Garlic, would be the treatment of choice for the long-term in cases of deep, infectious contamination such as gangrene (see Gangrene application) or other severe ulcerations. Once the active infection is checked and the wound begins to heal normally, People Paste is the herbal formula for the job. (See People Paste, Appendix A.)

Puncture wounds will need special attention to make sure infection does not get started inside the punctured tissue where it is harder to see and clean. These wounds respond well to frequent soaking in strong Garlic water and then poulticing with People Paste, depending on the severity of the wound.

If the body is banged up and bruised all over with many little wounds, remember to try a Garlic bath using some Garlic powder (see Garlic Bath application).

ALSO SEE: Antibiotic, Blood Poisoning, Footbath, Gangrene, Garlic Bath, Garlic Poultice, Garlic Water

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Comfrey, *Echinacea (see Echinacea, Appendix F), Onion (especially for bruising), *People Paste, Slippery Elm

DOSAGE: General, most often using Garlic powder except where specifically suggested otherwise

YEAST INFECTION: The most common symptoms I see with yeast infection are: vaginal yeast discharge (see Vaginal Infection application), a white (and often stinging or uncomfortable) coating of the tongue and entire inside of the mouth which is often referred to as thrush (see Thrush application), a chronic tiredness accompanied by

inefficient action of the immune system, and in men, a chronic irritation of the penis. Because of its strong antifungal properties, Garlic taken on a daily basis goes a long way toward preventing yeast infection and lessening the population of yeast cells in the body.

Anyone who is serious about ending a long-standing yeast/Candida problem should study *The Yeast Connection*, A Medical Breakthrough, by William G. Crook (see Resource List, Appendix C). Also review the Chaparral chapter (Chapter III) as this herb is very potent against yeast infection.

ALSO SEE: Fungus, Thrush (including TASOLE in the Thrush application), Vaginal Infection

ALTERNATIVE OR SUPPLEMENTARY SELF-HELP: *Chaparral, *Echinacea (see Echinacea, Appendix F)

DOSAGE: Eat as much Garlic as possible; consult the General Dosage instructions and see the suggestions for ways to eat Garlic listed in the Personality Profile.