

~ A Healthier You ~

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GARLIC - Nature's Healer!

Garlic has been being used for thousands of years to heal such things as digestive problems, coughs, colds, inflammation, hemorrhoids, enlargement of the spleen, acute abdominal pains, constipation, parasites, rheumatism, leprosy, epilepsy and paralysis.

Hippocrates used garlic as a cleanser for the digestive system, as a diuretic, and general tonic:

“It is good for increasing the flow of urine. Garlic boiled or roasted is a diuretic and relaxes the stomach. It causes flatulence, because it stops flatulence.”

The active component of garlic is ‘allicin,’ a sulphur compound, which gives garlic its famous smell and pungent taste. Allicin is a powerful bacteria killer, and is especially useful in the treatment of candidiasis. Garlic can also lower cholesterol, reduce clotting, lower blood pressure, remove toxins and eliminate excess salt and water from the system. It is also a perfectly balanced preventive remedy for circulation problems.

Recent research points to the possibility that ‘germanium’, which is present in garlic in large amounts, can prevent and even cure cancer. However, this has yet to be proven (Garlic, Nature's Original Remedy - Fulder and Blackwood, p. 86).