The Power of GARLIC

Crystal Maceira, LMT, MH

"Garlic is divine!"

—Anthony Bourdain

The late great Anthony Bourdain once wrote, ***"Garlic is divine. When handled correctly, few foods can taste so many distinct ways. Please, treat your garlic with respect..."*** While he was referring to garlic's culinary uses, we will see here that the same is true of its herbal and medicinal uses.

In the previous issue, we highlighted the power of Lobelia. Garlic is another one of my favorite herbs. Since the holidays are coming up and the cold and flu season is upon us, it's garlic's turn to shine. You may already know that garlic is a wonder food, but I'm sure you will learn more about it before this article is through. For example, did you know that China produces some 80% of the world supply of garlic?

Although the bulb is what we eat, there are other parts of the garlic plant that are also edible. Immature garlic is sometimes pulled, rather like a scallion, and sold as "green garlic." When green garlic is allowed to grow past the "scallion stage," but not yet fully mature, it may produce a "garlic round"—a bulb, like a boiling onion, but not separated into cloves like a mature bulb.

STORAGE

Peeled cloves may be stored in wine or vinegar in the refrigerator. Commercially, garlic is stored at 32° F in a dry, low-humidity environment. Garlic will keep longer if the tops remain attached. Homegrown garlic is stored warm (at 64° F) and dry to keep it dormant or to inhibit sprouting.

HISTORICAL USE

Garlic's uses in China date back thousands of years. It was placed by the ancient Greeks on the piles of stones at crossroads to appease the Goddess Hecate. According to Pliny, garlic and onions were invoked as deities by the Egyptians at the taking of oaths and gives a list of scenarios in which garlic was considered beneficial *(Natural History, xix. 32).*

The Egyptians used garlic both as a food flavoring and as a traditional medicine. It was used during the time the Israelites were enslaved by the Egyptians. When they fled and were in the wilderness, they complained about not being able to eat it.

Garlic was rare in traditional English cuisine (though it is said to have been grown in England before 1548) and has been a much more common ingredient in Mediterranean Europe. When the English came to America, they brought their anti-garlic attitude with them, and it took almost three hundred years—likely because of continuing puritanism influence—for this viewpoint to diminish, although garlic was used as a folk medicine.

NUTRIENTS

In the typical serving size of 1 to 3 cloves (3 to 9 grams). When expressed per 100 grams, garlic contains several nutrients in rich amounts, including vitamins B6 (17%), C (15%) and B1, and the dietary minerals manganese (23%), selenium (6%), copper, calcium and phosphorus. It is also rich in sulphur. Garlic contains trace amounts of various other nutrients. It is said that it contains a little bit of almost everything you would need.

MEDICINAL USES

Do not cook garlic if you want the medicinal value. The enzyme alliinase is inactivated by heat. Some individuals make use of garlic to avoid many types of cancer including breast, prostate and colon cancer.

Garlic is utilized for several problems connected to the heart as well as the blood system, such as: hypertension, reduced high blood pressure, high cholesterol, coronary heart problems, minimized blood circulation, as well as atherosclerosis. Garlic preparations standardized for alliin, which is the storage form of allicin—the key compound of garlic and garlic oil, have also demonstrated inhibition of excessive stickiness of blood platelets, which is a risk factor for heart disease and strokes. As for low blood pressure, more oxygen is needed to correct this condition. Garlic is a good oxygen carrier.

Garlic is additionally utilized for earaches, fatigue syndrome, menstruation conditions, uncommon cholesterol degrees brought on by HIV medications, liver disease, lack of breath from a liver condition, belly abscesses brought on by an H. pylori infection, fibro-

cystic bust illness, the skin problem scleroderma, and for lead poisoning.

The list of medicinal uses for garlic goes on. It has been known to relieve: high fever, coughs, bronchial asthma and respiratory diseases, depression, stomach pain, sinus blockage, gouty arthritis and joint discomfort, diphtheria, whooping cough, gastritis, scalp ringworm, bloody stools or urine, and piles. It has been used to treat reduced blood glucose and even snakebites.

MY USES OF GARLIC

I have created a video (YouTu.be/1fzEFNJVzSE) which shows how you can get the most out of garlic and strengthen other areas of the body, including the immune system. I learned of this formula from Dr. John Christopher years ago. He was inspired to put this formula together when Snowflake, Arizona was hit by the Bubonic plague. My husband and I have used this for years keeping us cold and flu free. I have used it when traveling abroad to keep me from getting sick, and it has worked like a charm when I have had allergies. This formula is perfect for people who "catch everything under the sun." That's why I call it KVA, because it helps "Keep Viruses Away!"

OTHER WAYS TO USE GARLIC

Garlic has demonstrated significant antifungal activity. One clove of fresh garlic is a good dose to effectively treat chronic candidiasis. Garlic was used as an antiseptic to prevent gangrene during World Wars I and II. A gal used it for canker sores when nothing else worked. She ate several cloves of garlic throughout the day and it worked.

Studies have been done in the Soviet Union where doctors have found that a prolonged use of garlic will keep blood-pressure levels fairly stable. Soviet scientists have noticed that there is a virtual absence of sulphur in those suffering from minor or acute hypertension. The matter has been investigated only once in India, but what was found coincided well with Soviet discoveries—that those afflicted with high blood pressure have unusually low sulphur levels. However, when a particular sulphate drug was administered to them, they began to show improvement. Apparently, sulphur is able to check the adverse actions which too much sodium can present. Sulphur is present in the tissues as amino acids. When any of them are missing, sulphur is lacking.

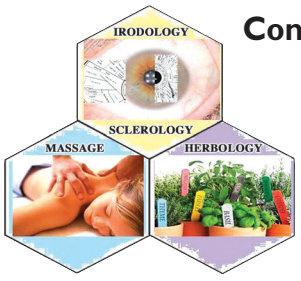
Do you work out? Garlic is known to improve workout efficiency and reduce exercise-induced muscle-mass pain.

EXACTLY HOW DOES GARLIC FUNCTION?

Allicin is what makes garlic smell. While some are proponents of matured, "odorless" garlic, this process could make the garlic less strong and reliable. Garlic stimulates the gastric juices and has active carminative properties to correct any fermentative and gaseous conditions in the stomach. It arrests intestinal putrefaction and infection, while stimulating the healthful growth of the "friendly bacteria." The allacin in garlic is stable in the blood and gastric juices of the stomach, but is inactivated by pancreatic juices. The allacin and sulphur in the cloves are the main contributors for lowering blood pressure.

One final interesting fact about garlic: Roses planted near garlic bulbs will usually grow bigger and better, have more perfumed blossoms, and be able to resist more diseases! I would love to hear of your stories about how the power of garlic has benefited your health! ■

Crystal Maceira is a Master Herbalist, Certified IIPA Iridologist, and Certified Bowenwork Practitioner. She has been a massage therapist for over 18 years. She has been teaching and practicing iris analysis and herbology locally and abroad. She currently lives in Helena. Find out more at PositiveLifeChange.info, where she blogs almost daily and on social media platforms. Email her at crystalclearhealth@gmail.com or call (541) 971-6781. Read Crystal's other articles about Iridology, Sclerology and Bowenwork in the Archives at NaturalLifeNews.com.



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