

Oil of Garlic Recipe

Peel and mince several cloves of garlic. Place the minced garlic in a jar and pour sufficient extra virgin olive oil to cover the garlic. Lid the olive oil and garlic mixture with a cloth or lid. Swish or shake garlic and oil daily, allow to stand in a moderately warm place for 2-3 days. After letting sit for 2-3 days, strain the garlic out, bottle the oil, and store in a cool place.

Garlic is a powerful antimicrobial agent, antiseptic, carminative, digestant, disinfectant, expectorant, tonic, and much more. In World War 1, garlic was used as a safe and certain remedy as an antiseptic for dressing wounds and in cases of parasites. *

Administration:

Orally - Can be taken over a period of time, especially in cases of ulcerated stomach or chronic colitis, 2 teaspoons 3-4 times a day.

Topically - Can be taken over a period of time, on wounds, chapped or chafed skin, parasitic infections, athletes foot, tumors, ulcerated surfaces, rheumatic pains, neuralgic pains, or body rub when feeling unwell. This is especially useful to rub all over babies when they are unwell.

Earaches/ear infections - Place 3-5 drops in the ear canal and cover with a cotton ball.

*Christopher, J. (2014). *School of Natural Healing*. Springville, Utah: Christopher Publications.