

The Gift of Garlic

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Garlic's curative powers have been recorded as long as 5,000 years ago on parchment text pages. Garlic is in the lily family. *Allium sativum* means "cultivated garlic."

Old World, Egyptian, Indian, and Babylonian cultures all knew its amazing powers. The Romans referred to the Hebrew people as "the stinking ones" because of their garlic use. Egyptians were called "onion eaters" or "garlic eaters." Garlic's track record is tried and true.

Even the American Institute for Cancer Research considers garlic to be one of their cancer fighting foods. Their research suggests that components of garlic have the ability to slow or stop the growth of tumors in the breast, bladder, prostate, colon and stomach tissues. It invades bacteria, virus, or tumor cells, yet is harmless to healthy body cells. In fact, garlic is a pre-biotic food for the probiotics feeding our intestinal flora and is the selective toxin against cancer. It activates components of the immune system, multiplying production and activity, including the macrophages and natural killer cells in our bodies.

Garlic can lower the fats in the blood, can prevent heart disease, thins out the blood to prevent strokes, regulates blood pressure, blood sugar levels, energizes the body, detoxifies the body, and has many more benefits. While in the bloodstream, garlic compounds purify the liver and force it to produce more of the good cholesterol. Higher production of HDL cholesterol reduces the bad LDL cholesterol and reduces the total cholesterol, also reducing triglycerides.

During the Black Plague of the 14th century, where 75 million died throughout Europe, folks who ate and wore garlic were less likely to become infected. These thieves would cloak themselves in garlic and rob the dead and dying from plague-infested areas, giving birth to the infamous recipe for "Four Thieves Vinegar and Garlic." Honestly, the amazing qualities of garlic go on and on. You may want to make a few large batches of the Four Thieves Tonic for your family this winter.

The magic is in the sulfur combination of the two compartments in each garlic clove. One compartment is allicin, a precursor compound. The other compartment is an enzyme known as alliinase and when it is crushed, an amazing chemical dance begins and soon, change occurs. The change is a highly pungent antimicrobial compound allicin, developing in as little as 10-30 seconds. TaDa! Antibacterial and anti-fungal activity of fresh garlic at your service releasing anti-cancer cardio protective, antimicrobial compounds and activities. Stay away vampires!

Garlic is one of the edible plants holding the highest concentration of the trace mineral, selenium, which is so powerful in the body preventing cancer. Its antibacterial properties have the ability to block the formation of cancer promoting substances, enhances DNA repair, and reduces cell proliferation.

My own experience has been amazing! I had tried drinking more water, exercising, and diet, to lower my blood pressure, started Whole Food Plant Based Lifestyle changes last August, 2019. In January, I decided to add another layer to my plan and each night would press one or two garlic cloves, wait for a few minutes and then add a little water each night before retiring to bed. It was interesting to feel less of the aches and pains when waking in the morning. That was a nice bonus. It helped a consistent tickle and cough and has kept colds and flu away. By the middle of March, I knew I was on the right path when the COVID drama began. Much confidence in garlic.

Side note * Brush your teeth and gums with Dr Christopher's Tooth powder and follow with a drop of peppermint oil for the garlic dragon breath. There were a few times my husband didn't mind kissing me after prayers, he's even said, "did you take your garlic tonight?" Ha!

Garlic is nourishing for gut health and to feel overall better. Garlic works! It truly is a gift to us in our interesting times. You may want to make it part of your nightly/daily routine, giving a boost to your health.

Debbie Mackintosh is a Master Herbalist Graduate. She is a mother and grandmother. Debbie is also a certified Foot Zone Practitioner. She loves plants and enjoys eating and cooking fresh food grown from her garden. Debbie lives with her husband in Utah.

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