

Garlic

Botanical name: *Allium sativum*

Energetics/Actions: Pungent, sweet, hot, dry, antimicrobial, cardiac tonic, expectorant

Description

Garlic is a culinary herb that acts as a prebiotic. It was originally used as medicine by the First Peoples of North America, the ancient Egyptians, Greeks, Babylonians and Chinese.

Most of its health benefits come from sulfur compounds that are released when garlic is crushed, chopped or chewed.



Uses

High blood pressure: Good studies show reduced blood pressure with regular use.

Blood lipid (cholesterol) regulation: Reduces cholesterol in people with mild-moderate elevations.

Immune system support: Improves immune system response. An excellent herb to use when fighting a cold.

Infection: A potent antimicrobial, also used for fungal infections like vaginal yeast infections.

Dose

Fresh clove: 1-3 cloves a day

Tincture: 2-4 ml up to 3 times a day (does not taste good-syrup is a better option)

Capsule study doses:

Hypertension: Total of 300-1500 mg taken in divided doses daily.

High cholesterol: 1200mg with 3 gm of fish oil per day

Suppository: 1 clove at night for 7 nights. Take care not to nick the clove with a knife before inserting!

Safety Information

Can irritate the skin if used topically for long periods. Can cause stomach upset in some individuals. Use during breastfeeding may cause digestive upset in some infants.