



# GARLIC

## (*Allium Sativum*)

by  
*The Reformed Bohemian*



# Table of Contents

1. About Garlic.....	3
2. Benefits of using Garlic.....	5
3. Preparations.....	8
4. Ways to Use.....	9
5. Cautions.....	13
6. About the Reformed Bohemian.....	14

Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# GARLIC

## (Allium Sativum)

Garlic is a dry warming herb perhaps best known for its use in cooking but it's a natural antibiotic as well as being excellent for circulation and regulating blood pressure.

### About Garlic

Garlic is a dry warming herb, it's a pungent smelling acrid herb also known also as Gypsy's Onions, most commonly associated with its distinctive aroma and flavour used in cooking but there's so much more to this herb. However the volatile essential oil found in garlic has great medicinal value so much so that in Russia it is known as "Russian penicillin", and is commonly used as in vapours and inhalants.

Garlic is one of nature's great antibiotics, taken at the start of an infection it can reduce the severity of the infection and speed up the recovery process by kick starting the body's defence system which together with its expectorant properties it is beneficial for relieving respiratory conditions such as bronchitis, chest infections, colds and flu.

Garlic can also be used as an effective household antiseptic that is effective in killing bacteria and viruses properties and is equally effective in getting rid of round and pin-worms.



Garlic also has great carminative properties which can help with digestive issues calming flatulence and stimulating gastric juices and can also be used to help improve the gut microbiome stimulating the growth of good bacteria in the gut. Garlic is also effective for the circulation and regulating blood pressure,

One of the drawbacks of garlic is the effect it has due to the pungency of the distinctive smell that is commonly associated with garlic, no one wants to be inflicted with garlic breath and have all probably had the unfortunate experience of being sat next to someone who have the distinctly pungent garlic body odour. If this is a concern try taking garlic pills or chewing parsley after eating garlic to avoid this and still get the benefits of this wonderful herb, although there is no doubt that the fresh herb will have the most beneficial healing properties.



# Benefits of using Garlic

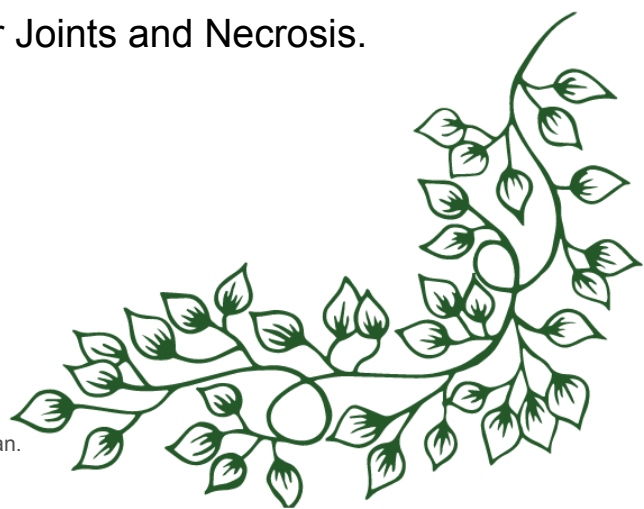
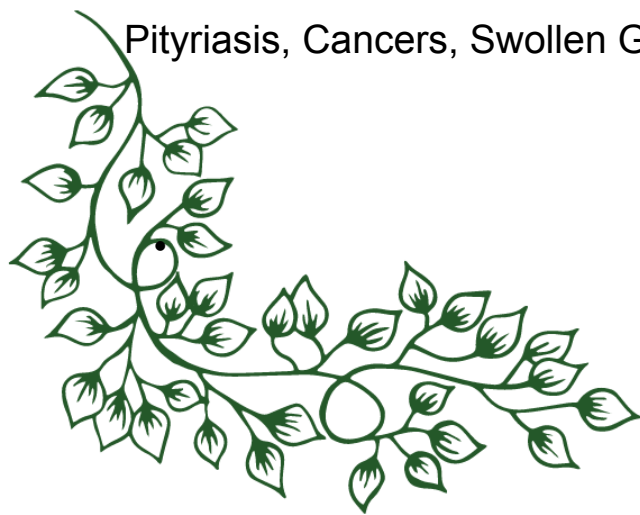
Garlic is a dry warming herb that can be effective when used for a number of conditions.

## ***Therapeutic action***

Alterative, Stimulant, Diaphoretic, Sudorific, Diuretic, Expectorant, Antiseptic, Anti-spasmodic, Disinfectant, Tonic, Nervine, Cathartic, Emmenagogue, Carminative, Anthelmintic, Rubefacient, Vulnerary, Anti-venomous, Condiment, Anti-catarrhal and Digestant.

## ***Can be used for:***

Tuberculosis, Asthma, Bronchitis, Skin Diseases, Stomach Ulcers, Leg Ulcers, Athletes Foot, Boils, Abscesses, Epilepsy, Intestinal Parasites, High and Low Blood Pressure, Acne, Carbuncles, Tumours, Kidney Disease, Poisonous Bites and Stings, Indigestion, Catarrh, Pneumonia, Earache, Infantile Convulsions, Psoriasis, Smallpox, Intestinal Disorders, Colitis, Respiratory Infections, Insect Repellent, Fevers, Coughs, Hoarseness, Whooping Cough, Hypertension, Headaches, Backache, Dizziness, Vomiting, Nausea, Diarrhoea, Dysentery, Dyspepsia, Heart Palpitation, Chills, Loss of Weight, Restlessness, Diphtheria, Colds, Colic, Pleurisy, Intercostal Neuralgia, Dyspnoea, Pharyngitis, Cramps, Heartburn, Sore Throat, Blocked or Runny Nose, Nicotine Poisoning, Lip and Mouth Conditions, Diabetes, Ague, Pulmonary Phthisis, Sciatica, Hysteria, Ringworm, Rheumatism, Inflamed Eyes, Eye Catarrh, Chapped and Chafed Hands, Flatulence, Paralysis, Neuralgia Pains, Bladder Weakness, Heart Weakness, Eczema, Pityriasis, Cancers, Swollen Glands, Tubercular Joints and Necrosis.



- **Digestion** - Due to its carminative properties Garlic can be beneficial for relieving digestive issues such bloating and gas as well as stimulating gastric juices aiding in the digestion of food.
- **Gut Health** - Garlic is a natural probiotic and has been shown to improve the gut microbiome by stimulating the growth of good bacteria.
- **Circulation** –Garlic is beneficial for improving blood circulation and blood pressure.
- **Boosting Immunity** - Garlic is a great natural antibiotic when taken at the first sign of infection it can not only reduce the severity of the infection but also the recovery time.
- **Respiratory Conditions** - Garlic has excellent expectorant properties which can benefit respiratory conditions such as bronchitis, Asthma, chest infections, colds and flu.
- **Antiseptic** - Garlic can be used as an general household antiseptic which has multiple uses, killing bacteria and virus, cleaning cuts and scrapes.
- **Intestinal Parasites** - Garlic has been proven effective in getting rid of round and pin-worms, expelling them from the body.
- **Coughs** - Garlic can be effective in relieving tickly coughs.





- **Colitis** - Garlic can help soothe and relieve symptoms of colitis.
- **Muscle and Joint Pain** - Garlic can relieve the pain and discomfort caused by conditions such as rheumatism, arthritis, sciatic/neuralgia due to its anti-spasmodic properties.
- **Athletes Foot** - garlic is fantastic at fighting viruses and bacterial infections which makes it effective at treating fungal conditions such as Athletes Foot.



## Preparations

Garlic can be taken in a number of forms such as oil, tincture and syrup. However, boiling the juice is not advised this will reduce the therapeutic value by dissipation into the air and the remaining fluid will not be as effective. If possible make a fresh batch as this will be more effective.

## Dosages

The basic dosages are as follows:

- Fresh bulb - 1 - 2 cloves (giving  $\frac{1}{2}$  - 1 teaspoons), take 1 teaspoon per day.
- Juice -  $\frac{1}{2}$  - 1 teaspoon 3 times per day.
- Tincture - 1 tablespoonful 3 times per day.
- Oil - 1 - 2 teaspoons 3 times per day.
- Syrup - 1 teaspoons 3 times per day.

To extract the oil from Garlic peel and mince 225 grams of Garlic and mix with 1 cup of olive oil. Place the mixture in a glass jar ensuring the oil covers all of the Garlic (add more olive oil if necessary). Leave for 2 - 3 days in a warm room then strain the contents through a muslim or cotton clove, bottle and keep in a cool place

To make a tinctures and syrups use 500 grams of peeled and minced Garlic cloves and enough Apple Cider Vinegar and distilled water mixed equal parts to cover the Garlic in a glass jar, shake well and stand for 4 hours then strain the contents and then add an equal quantity of light brown sugar, mix well and store in a cool place.





# Ways to Use

## *Orally*

### *Tickly Coughs*

- Fresh Garlic juice mixed with honey or syrup can soothe and relieve tickly coughs

Take 1 - 2 teaspoons 3 - 4 times a day.

### *Intestinal Parasites*

- Garlic can be used to expel intestinal parasites such as ring-worm and pin-worms.

Take 1 teaspoon of garlic syrup 3 times a day.

### *Respiratory Tract Infections*

- Due to its immune boosting properties Garlic can be effective in helping to fight off respiratory tract infections such as bronchitis, colds and flu and speeds up recovery time.

Place a clove of Garlic on each side of the mouth and hold between the cheek and teeth leave for as long as possible but at least an hour.



## ***Asthma***

- Garlic can be effective in relieving conditions such as Asthma.

As a general remedy take 1 teaspoonful of Garlic syrup 3 times per day.

In the event of a mild asthma attack take 1 teaspoonful of Garlic syrup every 15 minutes until the spasming has stopped. Continue giving 1 teaspoonful every 2 to 3 hours for the rest of the day.

## ***Colitis/ulcerated stomach***

- Garlic has calming, soothing effects on the stomach, its antibiotic and antiseptic properties make this a beneficial remedy for colitis and stomach complaints.

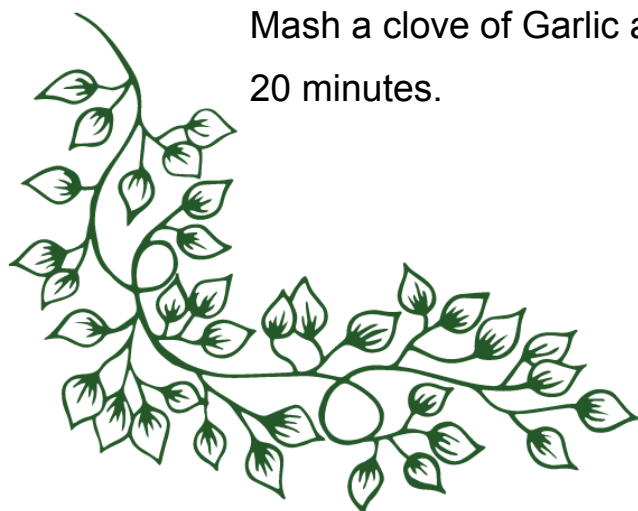
Tincture/Syrup - Take 2 teaspoons 3 times per day

## ***Washes/Poultices***

### ***Cuts, Sores and Spots***

- Garlic can be used to clean cuts and sores to prevent infection, soothe pain and speed up the healing process.

Mash a clove of Garlic and place over the wound, wrap and leave for 10 - 20 minutes.



## ***Ear infections***

- Garlic can be used to soothe earaches and infections of the middle ear.

Add a clove of Garlic to a piece of gauze and rest in the external ear passage (in the same way you might use cotton wool) being careful not to poke or push this into the ear canal.

If placing a clove of Garlic into your ear is not appropriate then simply add 2 - 3 drops of Garlic oil into the ear canal and seal with a piece of cotton wool 2 times per day.

## ***Athlete's foot***

- Due to its excellent antibacterial properties Garlic is effective in getting rid of athlete's foot.

Wash and dry the foot thoroughly Massage 2 - 3 drops of Garlic oil into the affected area 3 times per day. Once the infection has been resolved continue to use on a weekly basis to prevent recurrence.

## ***Sciatica***

- Garlic can be used to relieve the pain and discomfort caused by sciatica and neuralgia and reduce inflammation

Massage 2 - 3 drops of Garlic oil into the affected area 3 times per day.



## ***Inhalation***

### ***Whooping Cough/Tuberculosis***

- Garlic can be used as a steam inhalation for relieving whooping cough and tuberculosis

Add the freshly extracted juice diluted in equal parts hot water in a bowl with a towel/cover over your head and bowl to trap the steam.

Inhale for 5 – 10 minutes to relieve congestion and inflammation.



## ***Cautions***

As with all herbs there is the slight possibility of allergic reactions although this is rare. Garlic is considered safe for general use. However, it is recommended that Garlic should not be used in high doses during pregnancy, while breastfeeding or for children.



# *About The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)







# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

[www.reformedbohemian.com](http://www.reformedbohemian.com)

email: [hello@reformedbohemian.com](mailto:hello@reformedbohemian.com)

©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food, especially if pregnant, nursing, or have a medical

