

# The East London Garden Society

## Plant Facts

### Garlic the Wonder Drug



Many a person is against using garlic because of its odour. However, Garlic is possibly the most effective form of medicine nature has made available to man and some find it prevents colds or flu if taken regularly.

In cooking it is a necessity for many recipes so you can never overuse garlic.

It is thought that much of garlic's therapeutic effect comes from its sulphur containing compounds, such as Allicin, which also gives it the characteristic smell. Garlic is also a triple threat against infections, offering antibacterial, antiviral and antifungal properties. Not only is it effective for killing antibiotic resistant bacteria, it also fights yeast infections, viruses and parasites. However, garlic must be fresh to give you optimal health benefits.

The fresh clove must be crushed or chopped in order to stimulate the beneficial levels of garlic. To activate garlic's medicinal properties, compress a fresh clove with a spoon prior to swallowing it, or put it through your juicer to add to your vegetable juice. A single medium size clove or two is usually sufficient and is well tolerated by most people.

You won't reap all the health benefits garlic has to offer if you use jarred, powdered or dried versions. If you develop a socially offensive odour, just decrease the amount of garlic you are consuming until there is no odour present.