



Willow Moon Herbals



Garlic

Latin binomial: *Allium sativum* L.

Description: Garlic is an onion-like aromatic plant with hollow, round leaves and umbrella-shaped, flowering parts with starry purple flowers. The bulbs are harvested in the summer and stored for use in cooking and for medicinal remedies. You can buy organic garlic bulbs from your grocery store, natural food store or local farmer's market. Garlic is also available as a powder or granules in bulk.

Uses: Garlic is warming to your digestion and respiratory tract and is an important antibiotic and anti-viral remedy for colds, flu, bronchitis, pneumonia and other infections. Garlic is also known as the best anti-clotting herb since it contains nine anticoagulant compounds ~ more than any other herb. Consider garlic preparations for protecting the blood and cardiovascular system. With regular use, the herb can help to slightly lower high blood pressure, reduce high cholesterol, and help prevent atherosclerosis. Garlic is famous for killing and clearing intestinal parasites and can also be used topically for fungal infections. Place freshly squeezed garlic on insect bites or stings and swab athlete's foot with garlic oil. Use caution when applying garlic to sensitive skin as it can be irritating.

Dosage: The therapeutic dose of whole garlic is 2 to 3 cloves daily with meals, either cooked or raw. Odor-controlled capsules are mostly ineffective here.

Caution: Avoid the excessive use of raw garlic if you are nursing. Not only can it irritate the mother's stomach, but can pass through breast milk and cause additional irritation for the baby as well.

Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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