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Menopause, Andropause And Other Hormone Imbalances
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GARLIC CAN KILL SUPERBUG

By Alfred Jones

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The Superbug MRSA which is becoming more common in Hospitals, has developed a lethal strain, that has already killed patients.

Doctor Ron Cutler, a microbiologist at the University of East London, in the United Kingdom, says that Allicin, which is a completely natural extract from Garlic, has shown remarkable success on patients with MRSA.

He has worked on this project for six years and he says that Allicin, not only kills MRSA, but also the increasing number of New Generation Superbugs, that are immune to the normal Antibiotics. We should always remember that all Antibiotics are natural, or derivatives from Natural Products.

Allicin is the part of the Garlic that causes the pungent odour, but Doctor Cutler has developed a odourless version.

At this stage the research success rate, is very promising.

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Garlic for Health

By Dr. Donald A. Miller

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Garlic is a traditional tonic in many cultures.

In my teens and twenties, I was very aware that one should not eat garlic or onions out of respect for other people (e.g., bosses or potential dates). However, garlic breath does not bother me nearly so much as the foul stench caused by tobacco use, lazy dental care, lack of exercise, obesity, and / or poor bowel regularity.

I now use a lot of garlic, bought as pre-peeled cloves or dried minced chunks. I frankly like the taste. For those who think raw garlic "bites", briefly cook in microwave, water, a small amount of oil, or mix in many foods.

Garlic oil from crushed cloves or garlic capsules can heal surface infections, cuts, herpes blisters, and other ailments.

Before you get carried away with pills, capsules, and other sources of concentrated garlic goodness, be aware that the Mayo Clinic says, "Unfortunately, garlic is most effective when you eat it raw and in large amounts."

I remember reading that Eleanor Roosevelt ate several cloves of raw garlic every day, which she covered with honey, because she hated the taste. The garlic was not the only reason, but she did live a long active life.

* Diet with FACTS, not Fat-Burner MYTHS. *

For more pages in this health series, send blank email to snips@easyhealthdiet.com

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