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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Garlic – An Essential And Integral Part Of Home Remedies

By Sharon Hopkins

Stories of garlic being used to protect us from the fanged–tooth 'Dacula' may not be of a great help

in the recent times. Even though garlic may not drive an evil vampire, it surely can ward off all the blood sucking diseases in our body. It is one of the most frequently used products in our diet. With the increasing health benefits it surely can help us clear all the major illnesses in our life. The presence of sulfur gives garlic that biting smell for which it has become so famous. These odors and smells help you fight all kind of illnesses.

Ample amount of vitamin B6, vitamin C and selenium is present in garlic. A good source of manganese is available to boost your health. Studies have shown that daily dose of garlic in small amounts reduces blood pressure, serum triglycerides, platelet aggregation and LDL–cholesterol. On the other hand it increases the level of serum HDL–cholesterol and fibrinolysis to stimulate the production of nitric oxide which relaxes you. The organ sulfur compound obtained in garlic is known as ajoene and is used to treat skin cancer. It prevents heart disease and any risk of stroke. It is able to cut down the number of free radicals present in the bloodstream.

Home Remedies With Garlic

Garlic has been widely used to cure acne. By rubbing garlic cloves on the affected area can get rid of acne. It purifies your blood which cleanses it to keep acne away.

To get rid of warts, apply garlic juice on the wart, two times daily for about a week

Garlic is termed as an aphrodisiac. By consumption of two or three raw garlic cloves in a day could help you overcome the sexual impotency problem.

Garlic juice poured in your punctured ear can alleviate your pain.

It is also very useful for arthritis patient. It boosts the immune system and reduces the pain.

By chewing garlic can get you rid of cold. The anti–viral agents help to fight off cold in matter of days.

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Rubbing garlic clove on a cut can clear off any chances of infection.

Having garlic a day would help you to clear your allergies.

Having two or three cloves of garlic every morning can help you overcome back problems.

To beat cough problems use 10 to 15 garlic cloves. Chop them properly. Cover it with honey and keep it overnight. Have it first thing in the morning. It would help you cure your cough problems.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins has been managing number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, which provides information on different uses of the home

remedies and natural cures. Garlic is a valuable ingredient used to cure some of the deadliest diseases known to mankind.

How Garlic Can Fight – and Cure – Ear Infections

By Kathy Burns–Millyard

How Garlic Can Fight – and Cure – Ear Infections by Kathy Burns–Millyard

Many people today know that garlic has a large number of health and wellness benefits. Most of these people however, tend to take garlic in pill or capsule form, and without realizing it: They could be losing out on many of the additional benefits this herb provides.

I discovered the true power of fresh garlic a little over 15 years ago. My oldest son had chronic ear infections starting from a very young age, and he was on prescription antibiotics almost constantly. He ended up having drainage tubes surgically placed in his ears about 5 or 6 times.

I of course, got very frustrated with the constant medications and surgeries. They just weren't doing the trick and my son was losing his hearing too. So I started investigating alternative medicine options. At the time I figured I had to try something, so even though some things sounded really weird, I was willing to at least give it a whirl.

Not long after starting this search for alternative remedies, I happened upon some information about using garlic to kill ear infections. Now this is the weird part, but stick with me for a minute here: It really

does work.

How to use fresh Garlic to kill ear infection pain within about 15 minutes, and clear up the infection completely in about 48 hours:

1. Cut a small tube, or plug shape piece of fresh garlic bulb.
2. Wrap that piece in tissue.
3. Place the wrapped garlic into the ear canal. Don't shove it down in there deeply, you just want it resting in the opening like an ear plug.

It's best to do this right before bed, and leave the garlic in the ear all night. It will likely fall out sometime during the night, but it should stay in there for at least a few hours. And that's plenty long enough.

As I said, within about 15 minutes or less, the pain of the ear infection will be greatly reduced – if not gone completely. So you or your child will be able to sleep easier during the night.

And in my experience the infection itself is completely gone within 24–48 hours. Honestly.

I tried this with my oldest son back when he was having so many ear problems, and I was simply astounded at how well it worked. And even better: His infections stayed gone much longer with this remedy than they did when he was taking the prescription antibiotics.

I've of course discovered many other alternative remedies in that time. For instance: If you don't have garlic on hand, you can use onion to treat ear infections too. Just cut off a small piece of fresh onion and use it like the garlic above, or put a few drops of the fresh cut onion juice in the ear.

My love affair with Garlic was just the beginning of a 15 year relationship and learning experience. Because it was so successful, I began earnestly learning about a variety of other herbal remedies and homeopathic techniques. And I've used them almost exclusively – and quite successfully – on all 4 of my children since.

So if you have a child up all night in pain from an ear infection, try a sliver of Garlic. You'll probably be just as amazed and thankful as I was :)

NOTE: The statements in this article are probably not approved by the FDA, and are not intended as professional medical advice.

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© Kathy Burns–MillyardKathy is a professional writer, editor and publisher; mother of 4; and natural health enthusiast. Please visit her large and growing health portal at <http://www.health-and-fitness-information.com> where you'll find hundreds of health and wellness articles and resources.



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