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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!**

**How Garlic Can Fight – and Cure – Ear Infections**

**By Kathy Burns–Millyard**

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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.

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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.

### **How To Get The Most Health Benefits From Garlic**

**By Lee Dobbins**

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It's reputed to fight infections, colds, bacteria and lower cholesterol – no wonder this herb tastes so good! Garlic has been used as an herbal remedy for over 5000 years and has long been recognized

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for its anti bacterial powers and has even been used by medical doctors to fight off infections in wounds.

Garlic, the pungent herb that we associate with Italian Foods is loaded loaded with vitamins and minerals including Vitamin A, B and C, selenium, potassium, calcium, zinc and magnesium. It has antibacterial and antifungal properties and claims to lower cholesterol and blood pressure. A recent study even shows that taking a garlic supplement once a day can reduce the risk of getting a cold by 50% and help you gain a speedy recovery if you do happen to catch one. In addition, garlic is thought to help athletes foot, worms, respiratory ailments, some cancers of the stomach, colic, ear aches, and bladder problems.

So what gives this herb its powerful healing properties? Researchers say it is in the allicin which is released when garlic is crushed. This phytochemical is also what makes it so pungent and is best when eaten raw and shortly after crushing. For the best effects, you should chop or crush the garlic into the tiniest pieces possible then let it sit for 10 minutes or so and eat it raw! If it sits for too long, it will start to degrade and lose some of its power. Cooking it also causes it to become less potent so if you are planning to combine it in a sauce or with cooked food try just adding it during the last 5 minutes of cooking to preserve some of the healing properties.

If you are trying to serve yourself a garlic herbal remedy by adding garlic to your foods then make sure you crush it a bit ahead of time and don't add until the final 5 minutes of cooking. This will give the allicin enough time to develop and will insure you don't cook all the garlic health out of it. My favorite way to enjoy the health benefits of this powerful herb is to make a garlic bread as described below.

- 1) Crush 3 or 4 cloves of garlic
- 2) Cut up some Italian bread
- 3) Pop the cut up bread in the oven or toaster
- 4) Spread butter on the toasted bread along with a generous amount of the crushed garlic
- 5) Enjoy!

Garlic can have an affect on blood clotting, so don't start eating more of it unless you discuss it with your physician first especially if you are on blood thinning medication or due to have surgery in the near future.

Lee Dobbins is a contributing writer for <http://www.a2z-vitamin-and-herbs.com> where you can find more information on



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