

BOOKLET'S NAME

GARLIC FOR NATURE'S CURE

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GARLIC A GREAT NATURAL ELIXIR

For centuries it has been widely believed that garlic is endowed with the power to cure many ills, ranging from tuberculosis, blood-pressure, heart disease to toothache etc. It is said that the slaves building the pyramid in Egypt took it for added strength as did the first Olympic athletes in ancient Greece. Many regard it only as a useful ingredient to be used in cooking to enhance flavour of various dishes but in fact it has many health values.

GARLIC MEDICINAL POWERS

One of the major diseases of this age feared by many is the heart attack. It is believed that when the fatty deposits caused by faulty diet accumulate forming blocks in the blood vessels of human body, heart attack may result. After prolonged research by the West German scientist, Prof. Hans Reuter of Cologne University, he has concluded that garlic is the remedy as it can normalize the blood's cholesterol level. He says that volunteers fed on butter to which 50 grammes of garlic oil had been added had a markedly lower cholesterol level than those fed on butter alone. Moreover, after a month of eating 3 gm. of raw garlic a day, there was a considerable drop in their cholesterol level - the accumulation of fat in the blood vessels which increases the risk of heart attacks.

Prof. Heuter found in the course of his research that in some instances it is also a better antibiotic than penicillin and destroys various bacteria including those that cause tuberculosis and diphtheria.

Prof. Heuter stresses that to get the full benefit of the garlic curative powers, it is essential to use it fresh. Dried garlic powder loses its properties during processing. Fortunately the pungent odour that garlic

Leaves when eaten can now be overcome because it is now available in capsule form.

HOW IT GROWS

Garlic grows in form of a bulb (cluster) made up of about 12 cloves and has a crown of small white flowers. It is easy to grow in sunny areas. Each clove should be planted five centimetres deep and at-least 15 centimetres apart. In about six months the leaves from the resulting plant should have died down, and this is the time to harvest the new bulbs of garlic. Hang them by the stalks of dried leaves in a dry place.

SOME ILLNESSES CURABLE WITH GARLIC

Jalinos the renowned physician, has described the following benefits of garlic:

Garlic is the killer of mosquitoes and their eggs. It gives great support to the aged and boosts their failing strength.

It helps in eradicating poisonous gas and toxic matters from the body. It is beneficial in urinary troubles normally suffered in old age. It restores the required temperature in the bodies of those normally suffering from cold.

According to the belief of old people, a garlic soup in the course of breakfast helps in curing indigestion and cleans the digestive system and the intestines. It is also said to be very beneficial if taken before undertaking a long arduous journey or a heavy task.

It is said that garlic helps in purifying blood by eradicating toxic and undesirable matters thereby regulating blood circulation. It helps in bringing down blood-pressure.

HOW TO USE IT

To keep the body fit, garlic must be used daily in fresh form either by chewing a kernel or two at night with water or in crushed paste form along with meals. This has proved to control gastric trouble as well as to increase appetite. Salads dressed with crushed garlic can also be taken with good benefit. Here is a recipe using garlic to make gastro bread:

1 loaf of bread, 2 cloves of crushed garlic, 125 gm butter, salt and pepper. Cut the bread into slices about 2 cm thick. Mix the butter with the garlic and salt and pepper to taste. Apply each side of the slices with butter, reserving a little to rub over the top of the loaf. Press the loaf together, wrap in foil and bake in a hot oven for about 15 minutes. Unwrap the foil and the loaf will be found to have a lovely crisp crust, with the garlic butter permeating through it.

Islam has guided man how to better his life in this world and also provide for the next. It has shown ways and means how to restore and maintain good health. Over 1300 years ago the Prophet of Islam is reported to have recommended the use of garlic saying:

“Eat garlic and through it medicate yourselves for it is a cure against seventy (numerous) illnesses”.

(Quotations based on DAILY NATION OCT 18 - 1978 also KHAWASE KHORAKIHA WA GIYAHAN)