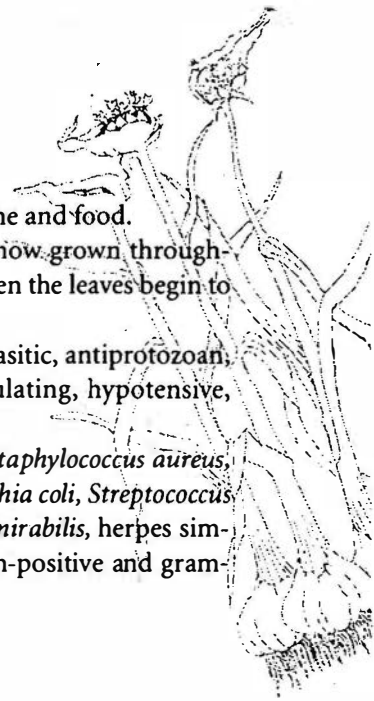

GARLIC *(Allium sativum)*

Family: Liliaceae.
Part used: The bulb and cloves are used for medicine and food.
Collection: The plant is indigenous to Asia but is now grown throughout the world. The bulb is harvested in early fall when the leaves begin to wither.
Actions: Antibacterial, antiviral, antiseptic, antiparasitic, antiprotozoan, antiviral, antifungal, anthelmintic, immune-stimulating, hypotensive, diaphoretic, antispasmodic, cholagogue.
Active against: Tuberculosis, *Shigella dysenteriae, Staphylococcus aureus, Pseudomonas aeruginosa, Candida albicans, Escherichia coli, Streptococcus* spp., *Salmonella* spp., *Campylobacter* spp., *Proteus mirabilis,* herpes simplex, influenza B, HIV, and many others. Both gram-positive and gram-negative bacteria.

About Garlic

Garlic, a well-known culinary herb, is thought to have originated in the high plains of west central Asia and has been used medicinally for some five thousand years. This is the most powerful herb for the treatment of antibiotic-resistant disease (followed by grapefruit seed extract). No other herb comes close to the multiple system actions of garlic, its antibiotic activity, and its immune-potentiating power.

When the bulb is bruised or crushed, garlic produces a byproduct compound called allicin. The odorless, sulfur-containing amino acid in garlic, alliin, comes into contact with an enzyme, allinase, and produces a conversion to allicin, which is the primary compound responsible for garlic's strong odor. Allicin, diallyl disulfide, diallyl trisulfide, ajoene (the combination of allicin and diallyl disulfide), and several additional compounds in garlic have all shown antibiotic activity. Extracts made from the whole clove of garlic or separate individual compounds have consistently shown a broad-spectrum antibiotic range effective against both gram-negative and gram-positive bacteria and most major infectious bacteria. Garlic juice diluted to as little as one part in 125,000 has been found to inhibit the growth of bacteria. Clinical studies, such as one in 1984 by Singh and Shukla, have repeatedly shown that garlic is active