

Garlic is not suggested for nursing mothers, as it affects the taste of the milk and may interfere with nursing. It is excreted from the body through the lungs; this may irritate loved ones and strangers alike.

Alternatives to Garlic

Wild garlics, onions (though weaker they possess many of the same actions), and (within a certain range) grapefruit seed extract (see individual entry).

GINGER (*Zingiber officinale*)

Family: Zingiberaceae.

Part used: The root is used for medicine and food.

Collection: The plant is indigenous to Asia but is now grown throughout the world. The root is harvested in the fall when the leaves and stem have begun to dry.

Actions: Antibacterial, antiviral, circulatory stimulant, anti-inflammatory, diaphoretic, antispasmodic, antiemetic, antifungal, hypotensive, anti-clotting agent, carminative, antiarthritic, analgesic, antitussive.

Active against: Malaria, *Shigella dysenteriae*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Candida albicans*, *Escherichia coli*, *Klebsiella pneumoniae*, *Streptococcus* spp., *Salmonella* spp.

About Ginger

Ginger has a long historical tradition in warm climates as a food additive. Like many other spices used on food, it possesses strong antibacterial activity against several food-borne pathogens, especially three of those now plaguing commercial foods: *Shigella*, *E. coli*, and *Salmonella*. Ginger is also active against many human pathogenic bacteria.

It has traditionally been a primary herb of choice for treating colds and flu. It is especially useful for children in that it is safe in large quantities and yet tastes quite good. A relatively unknown fact is that ginger's antitussive (anticough) action rivals that of codeine, and its strong expectorant and antihistamine actions help thin bronchial mucus and move it up and out of the system. This makes it a perfect herb for upper