

against strains of bacteria that are highly resistant to antibiotics. Unlike many herbs, garlic is directly effective against viruses. Garlic is perhaps the most extensively tested herb in the world; *in vitro*, *in vivo*, and human trials have shown its powerful effectiveness against bacterial and viral infectious agents.

For stimulating immune function and for lowering blood pressure and cholesterol counts, garlic works well either raw, cooked, or encapsulated. For treating active bacterial infection, it should be consumed either in uncooked whole form or as juice.

Raw garlic or its juice kills bacterial infection in the gastrointestinal tract as soon as it comes into direct contact with the organisms. When used as a douche, the garlic juice (or even a garlic clove inserted in the vagina) will kill bacterial infection. When used in nose drops, the garlic covers the surface of the nasal passages and sinuses and kills off infection there. When used on athlete's foot and surface skin infections, its action is sure and rapid.

In just a few of the many trials, researchers have used garlic in both humans and animals to successfully treat the four strains of bacteria that cause most of the world's dysentery. Chinese physicians have found garlic exceptionally effective against cryptococcal meningitis and viral encephalitis. African physicians have used it as primary medicine successfully against amebic dysentery, toxoplasmosis, *Cryptosporidium* spp., and *pneumocystis* spp. American researchers have shown that garlic activates the immune system to help protect the body from infection and, when infection occurs, to stimulate the immune system to attack invading bacteria more effectively. Beyond these potent actions, garlic has also shown repeatable and impressive clinical results in the treatment of heart disease, high blood pressure, high cholesterol, cancer, stress, fatigue, and aging.

If only one herb could be used to combat an epidemic spread of antibiotic-resistant bacteria, this would be it.

Controlling Garlic Odor

The difficulty with garlic is, of course, its strong odor, and many people are uncomfortable using it for this reason. Deodorized garlic capsules are now available through many health food stores.