



Deadly Stroke Triggers and How to Lower Your Stroke Risk Naturally

**Black Elderberries—the
Natural Flu Remedy**

**What Fruits Are Best
For Diabetes And Which
Should I Avoid?**

**Garlic - the Medicinal
Herb**

Health Rules to Live By

AUTHORS



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I've got a crush on garlic. I honestly don't think a hot dish exists that you can't improve with garlic. Add it to pizza, broccoli, or even steak. You can cook with garlic in any form: diced, whole, crushed, or roasted. Garlic offers a sure way to fortify any meal with antioxidants and antibacterial properties.

It is also no secret that I'm a fan of elderberries for their natural immune-boosting powers. I'm convinced elderberries are one of the reasons I've managed to escape the flu this year. I can't begin to express how grateful I am for this natural remedy. Make your own elderberry syrup so you can shore up your immunity.

In case you missed it, no-sugar diets are all the rage these days over Facebook and social media. Sugar can be a major diet saboteur. Some take this so far that they cut fruit out of their diet. But is that really necessary, or is there a more measured approach, even for those with diabetes? Here's how to keep yourself in check.

True or false? Lowering very high blood pressure can cause worsening of a stroke, or even death. The answer is true! And while you might think blood pressure medicine prevents stroke, think again. Dr. Saunders busts some myths about stroke risk and this is one article you won't want to miss.

This month's issue of Home Cures That Work cooks up health secrets for staying healthy naturally from the people who know best.

For your health,

Cheryl Ravey
Editor
Home Cures That Work



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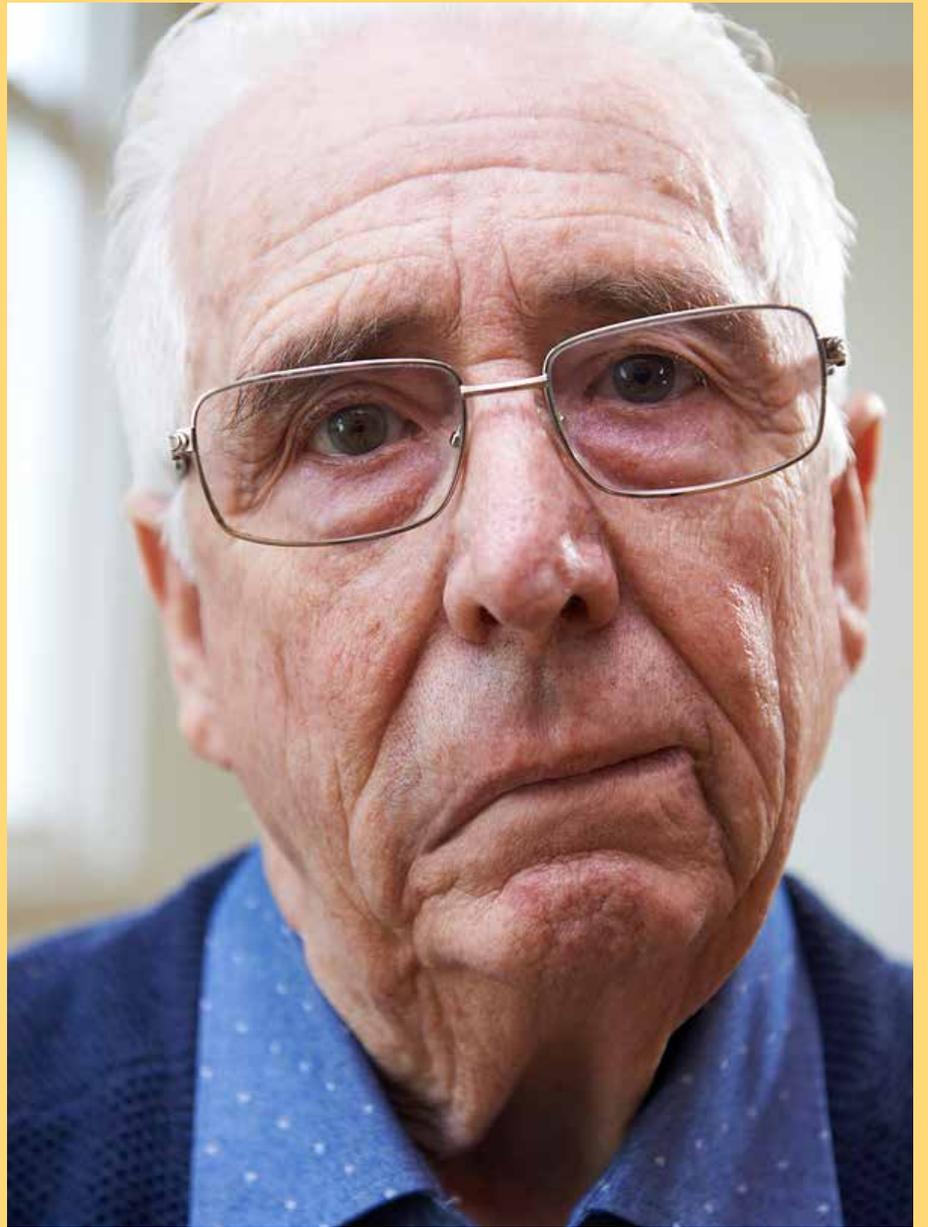
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BY D.R. SCOTT SAUNDERS, M.D.

DEADLY STROKE TRIGGERS AND HOW TO LOWER YOUR STROKE RISK NATURALLY



A PATIENT IS TAKEN TO THE EMERGENCY DEPARTMENT OF HIS LOCAL HOSPITAL WITH SIGNS AND SYMPTOMS OF A STROKE: ONE-SIDED WEAKNESS, SPEECH CHANGES, FACIAL DROOP, SEVERE HEADACHE, NUMBNESS ON ONE SIDE, OR SOME OTHER LOSS OF FUNCTION. IN THE E.R. HE IS FOUND TO HAVE VERY HIGH BLOOD PRESSURE, SO HE IS GIVEN A MEDICATION TO LOWER BLOOD PRESSURE. SUDDENLY, HE STARTS GETTING WORSE, AND MAY DIE FROM THE TREATMENT. SO WHY DOES LOWERING VERY HIGH BLOOD PRESSURE CAUSE WORSENING OF A STROKE, OR EVEN DEATH?

A stroke is a lack of blood flow to an area of the brain. The blood flow to the brain is directly correlated with the blood pressure. If the blood pressure is lowered, the blood flow to the brain slows down, and the stroke is worsened. Brain cells will die faster, and the stroke area increases. This treatment is dangerous, and the FDA has recommended that it not be used,[1] but in some places it persists. The temptation to lower severe hypertension is just too great for many doctors.

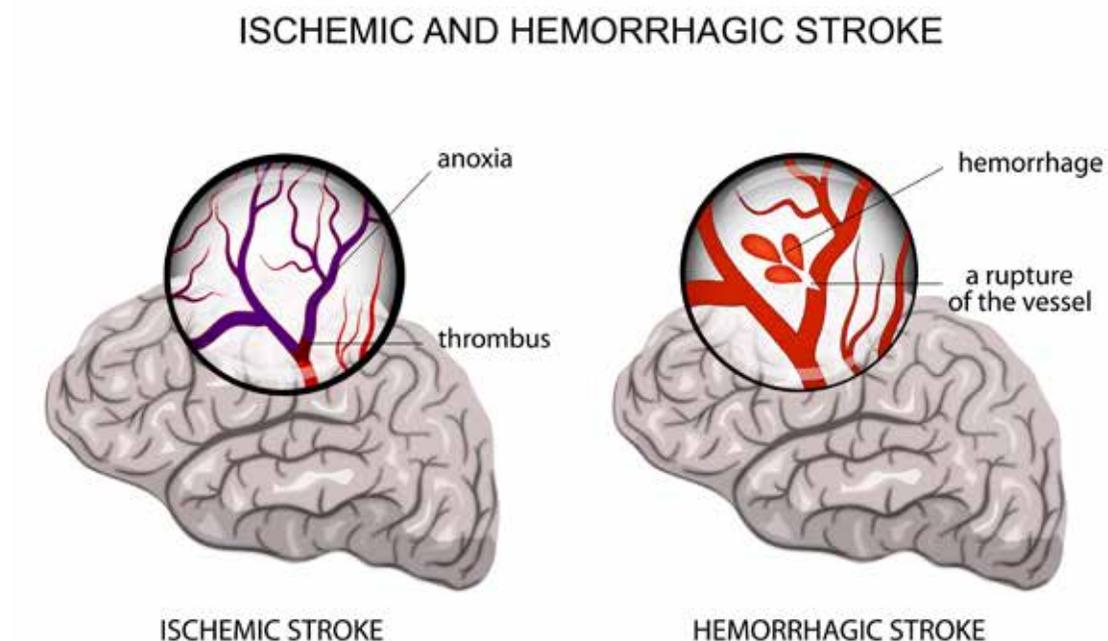
Since I have many patients in a nursing home, I see lots of strokes. I manage strokes of all kinds in people of all backgrounds. I have had artists, businessmen, surfers, and people from all walks of life. Nobody is exempt, everyone is at risk -- if they don't care for their arteries. The brain is the most sensitive organ to blood flow. Any lack of nutrients and oxygen stops all function immediately. A large stroke in some areas may have little noticeable effect, whereas a tiny stroke in others can be devastating. One of my patients had a 3mm stroke in the brain stem, which made her unable to move any muscle, except her eyes and eyelids.

A stroke is damage to the brain from a lack of blood flow. There are two different kinds of strokes:

1. Hemorrhagic stroke is bleeding in the brain from a ruptured blood vessel. Trauma, such as a fall or automobile accident, or an aneurysm, a weak spot in a blood vessel that ruptures, can cause a hemorrhagic stroke. These represent a small percentage of strokes.
2. Ischemic stroke is a lack of blood flow to an area because of clogging of an artery. This can happen when material from plaque in an artery breaks off, travels into the brain, and clogs an artery, or when the blood clots in an artery. This is by far the most common cause of strokes.

TRANSIENT ISCHEMIC ATTACK

A temporary stroke is called a transient ischemic attack, or TIA. These are always ischemic, or blockage of arteries. It generally lasts for less than a day, and is most often a result from clots. The body will dis-



solve clots, or use collateral circulation to get blood to the area. The important thing to note about a TIA is that they aren't benign. Just because they go away quickly and resolve completely doesn't mean there is no damage. They also indicate a risk for a major stroke in the same area, so they should not be ignored. If you have any kind of TIA, you need to do all you can to lower your risk of stroke.

Strokes are very common

- Each year nearly 800,000 people experience a new or recurrent stroke.
- A stroke happens every 40 seconds.
- Stroke is the fifth leading cause of death in the U.S.
- Every 4 minutes someone dies from stroke.
- Stroke is the leading cause of adult disability in the U.S.
- Up to 80 percent of strokes can be prevented. [2]

This last one is what we want to

discuss. How can 80% of strokes be prevented?

HIGH BLOOD PRESSURE AND STROKE

Let's first look at the standards of society. We have been told that stroke is caused by high blood pressure. Even today, most of the medical websites on stroke tell the same story, such as that found on WEBMD:

"Experts say 80% of strokes can be prevented. The single best way to do that is to get your blood pressure in the healthy range. That means lower than 120/80." [3]

However, a thirty-year study of men showed that lowering blood pressure with medications didn't lower stroke risk compared to those who had normal blood pressure. The authors concluded:

"In spite of a substantial reduction of their blood pressure, treated hypertensive middle-aged men had a highly increased risk of stroke..."

use all forms of energy. As the populations of the world are becoming more obese, the stroke rates increase. However, again, obesity is only a symptom indicating that the person is not able to use fat for energy. We store all the extra energy we don't use as fat, but if we never use it, we just continue to store it. The key here is to be able to use fat for energy. This has the effect of cleaning out of the arteries.

There are several ways to do this:

- Avoid sugar
- Avoid carbohydrates
- Eat less
- Eat fewer meals
- Intermittent fasting
- Ketogenic diet

A combination or all of the above is the most helpful. The key is to burn fat. When we stop eating, we start using the fat we have stored. This is the single best way to lower stroke risk.[8] In fact, we don't even need to lose weight to get the benefits.[9] It's not the amount of fat we have, rather it's our ability to use it for energy that lowers our stroke risk. This is why there are many overweight people who don't get strokes.

A WORD ABOUT ATRIAL FIBRILLATION

When people have a condition called atrial fibrillation, that makes their heart beat irregularly. They may form clots in the heart that can go into the brain and cause a stroke. This is all too common and can be avoided by using blood thinners. While the prescription blood thinners have their problems, I don't know of any studies using natural blood thinners to prevent stroke. I have many patients with atrial fibrillation who use

prescription blood thinners, and I have others who can't, or won't, take them. In the latter cases I give them natural blood thinners, and use the methods above to lower their risk of forming clots that may go to the brain. There is no guarantee either way, but this condition should not be ignored.

STRESS AND STROKE

Now, last, but not least, stress management is important to the prevention of strokes for the reasons above. We all have stress, so we must learn how to MANAGE it, not try to get rid of it. There is no way to rid ourselves of stress – except death, or worse, such as stroke that leaves us incapacitated!

Much has been said, and written, about lowering stress so I'll give a summary:

1. Forgive everyone of everything. Forgive all injuries, pain, and suffering.

2. Connect with others. Love all.

3. Exercise regularly.

4. Fast periodically.

5. Focus on an important project. Have goals and objectives. Live with intention.

6. Avoid addictions.

7. Read Scripture daily.

8. Write in a journal.

9. Connect with God.

Strokes are feared so much that people are willing to spend thousands of dollars and take medications for their entire lives just for a very small possibility of preventing them. There is a better way. I believe that by following the principles outlined above, you can lower your risk of stroke not only 80%, but very near 100%.

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MY FIRST ENCOUNTER with black elderberries was in Austria. My wife and I were living in Austria and black elderberries grew everywhere—both wild and cultivated. Our Austrian friends made tea and lemonade from the blossoms, and syrup and black elderberry liquor from the berries. I must confess that the black elderberry liquor tasted heavenly!

But I didn't discover until later that black elderberry (*Sambucus nigra*) possesses powerful medicinal properties. Many different varieties of elderberries grow in the U.S. There are several black varieties, whose berries are dark purple—almost black. But there are also European reds, with a bright red berry, and blue elderberries that sport a hazy blue berry. Birds seem to love all the varieties, but it is specifically the black elderberry that boasts so many medicinal powers.

BLACK ELDERBERRIES

THE NATURAL FLU REMEDY

Everywhere I go right now, people are coughing, sneezing, have runny noses, or are missing work altogether due to their flu symptoms. Black elderberries offer a surprisingly strong natural remedy against flus and the common cold.

As in Europe, here in America elderberries grow wild in fields, forests and along highways. But many people (like my wife and I) cultivate black elderberries in the garden. Elderberries grow extremely fast and have a spindly, pulpy stem. When cultivated, they must be cut back each year to stimulate new growth.

Black Elderberry Medicinal Uses

The use of black elderberries for medicinal purposes dates back to the earliest times. Hippocrates, the ancient Greek credited as the “father of medicine,” nick-named black elderberries his “medicine chest” because of its wide range of healing applications.[1] The use of black elderberries for their medicinal properties was common among Native Americans as well.

In more recent times, the Israeli’s developed a medication from black elderberries patented as “Sambucol.” This product and others like it are available over-the-counter at many U.S. drug

stores today.

In fact, black elderberries have become the focus of numerous scientific studies in Israel, Europe, South America and the U.S. Each of these independent studies have demonstrated that black elderberries boost the immune system and significantly shorten the duration of cold and flu symptoms. Black elderberries have been shown to be effective against at least 10 different strains of human influenza. [2]

Because of the inherent dangers of the flu shot and its poor performance, many argue that black elderberries offer a safer, more effective remedy for the common cold and flus.[3] And some governments have promoted its use over against immunization.[4]

In one study, an outbreak of the flu in a kibbutz in Israel offered a great opportunity to test the efficacy of black elderberries. The infected members were divided into two groups. One group received black elderberry syrup, the other a placebo.

Within 24 hours, 20 percent those who took the black elderberry syrup experienced significant relief from all flu symptoms. An additional 73 percent felt relief after the second day. Within three days, 90 percent of those who took black elderberry syrup were completely well.

By contrast, only 26 percent of the group who took the placebo felt some improvement after two days, and it took the rest in the placebo group six days to feel well again.[5]

The Science behind Black Elderberries

Black elderberries have been shown to:

1. Boost the immune system.

A strong immune system is the best insurance against infection. Black elderberries contain chemical compounds called anthocyanidins, which are known to boost the immune system.[6] The berries also stimulate the production of and regulate cytokines. These are chemicals in the body that enable our immune system to



Flavonoids provide this antioxidant power. Black elderberries are higher in flavonoids than blueberries, cranberries, goji berries or blackberries.

function well and inhibit inflammation.[7]

2. Fight infections and help prevent free radicals from damaging cells.

Flavonoids provide this antioxidant power. Black elderberries are higher in flavonoids than blueberries, cranberries, goji berries or blackberries. “Specifically, the flavonoids in the elderberry extract bind to the H1N1 human influenza virus as well as the H5N1 avian influenza virus.”[8]

3. Inhibit the spread of viruses.

Studies are showing that black elderberry extract impedes viral action in a variety of influenza viruses. The flavonoids and proteins in black elderberry syrup hinder the ability of cold and flu viruses to infect a cell.[9]

4. Lower blood sugar.

Studies have confirmed that black elderberry extract stimulates the body’s ability to metabolize glucose and secrete insulin, thus lowering blood sugar.[10].

Black Elderberry Herbal Medicine

You can purchase a wide variety of black elderberry herbal preparations over-the-counter at your local drugstore or on-line. Follow the directions provided. Some of the brands available include:

- Sambucol (offered by different manufacturers)
- Nature’s Way Organic Sambucus
- Gaia—Black Elderberry Syrup
- Honey Gardens Elderberry Syrup

Preparing Your Own Black Elderberry Syrup

Before my wife and I ordered and planted a black elderberry bush in our garden, I found black elderberries growing on the west face of a nearby mountain. I used to hike to this remote location in late summer to harvest the berries. It’s much easier having the bush in our backyard! You can also order dried elderberries through the mail, but in our experience, they don’t taste as good after being dried.

The berries turn very dark purple—almost black when they’re ready to harvest. They grow in large clusters, so I carry a scissors with me to cut the soft stem holding each cluster. I can harvest a large bowl-full of berries within a few minutes.

WARNING: DO NOT EAT THE BERRIES RAW! Black elderberries must be cooked before consuming. The berries’ seeds contain a toxin that is neutralized during the cooking process. Also, after cooking, strain the seeds and pulp out, leaving a thick, dark syrup.

Black Elderberry Syrup Recipe

INGREDIENTS

- 1 cup fresh elderberries
- 3 cups water
- 1 cinnamon stick (optional)
- 3 whole cloves (optional)
- 1 tsp minced fresh ginger root (optional)
- 1 cup honey

DIRECTIONS

1. Place all ingredients except honey in a saucepan over medium heat.
2. Bring to a boil, reduce to low heat and simmer for 30 minutes.
3. Then, using a potato masher, mash

berries to release their juice.

4. Strain mixture through a fine sieve and retain the juice. Discard the pulp.
5. Let juice cool.
6. Stir in honey thoroughly and transfer to a jar with a lid. Syrup will last in the fridge for 2 to 3 months.

Unless you happen to be allergic to elderberries, there are no known negative side effects when used sensibly. Simply use like you would a cough syrup and administer 1 teaspoon.

With the cold and flu season upon us, black elderberries offer a safe, effective means for getting you over those nasty symptoms quickly!



WHAT FRUITS ARE BEST FOR DIABETES AND WHICH SHOULD I AVOID?

Fruits provide a great source of vitamins, minerals, fiber, antioxidants, and carbohydrates that our bodies need in order to function well. This is equally true for those with diabetes. Let's look at the following issues related to fruit.

The glycemic index of fruits
How the fruit is prepared
What quantities of fruit to eat
Know how your body reacts to various fruits

1. The Glycemic Index of Fruits

A key factor to take into consideration regarding fruits is their glycemic index (GI). This is a measure of the extent to which a food impacts blood sugar levels. Glycemic index is shown as a score between zero and 100. The higher the higher the GI, the more likely that food will raise your blood sugar levels. A low GI is 0-55, medium GI is 56-69, and high GI is any food 70 or above.

The following fruits fall into the low GI category: apples, bananas, blueberries, cranberries, grapefruit, grapes, lemons, limes, oranges, pears, plums, prunes, raspberries, and strawberries. These fruits are in the medium GI range: apricots, cantaloupe, figs, kiwifruit, papaya, raisins and pineapple. Watermelon is ranked high on the glycemic index at 72.



2. How the Fruit is Prepared

For someone with diabetes,, those fruits in the low GI range will typically be best, impacting your blood sugar least. But the fruit itself is not always the determining factor. How the fruit is prepared is also very important. The American Diabetes Association recommends that it is best to eat fruits fresh, frozen, or canned without added sugars.

Fruit juices are not the same as eating the whole fruit and will generally raise your blood sugar levels rapidly. The reason for this is that juice no longer has the fiber that the fresh fruit naturally contains, so the body digests juice very quickly. Similarly, fruit canned with added sugar will have a higher GI because of the sugary syrup in which the fruit is packed.

Dried fruits in general also have a higher GI. Because the water has been removed from the fruit, the concentration of sugars is higher. Someone with diabetes can eat dried fruit, but in small quantities. The problem with dried fruit is often our perception. Dried fruit is smaller, so we tend to eat more of it, not accounting for the higher sugar content.

For instance, let's say that we determine a half-cup of grapes (about 15 grapes) is a serving size. And 15 grapes can be satisfying. But would we limit ourselves to just fifteen raisins (dried grapes) as a portion? Nobody eats just 15 raisins! A half-cup of raisins contains over eight times the number of carbs as the same portion of grapes.

3. What Quantities of Fruit to Eat

That brings us to the next factor: what quantities of fruits to eat. Dr. Scott Saunders, MD, tells about a 22-year-old woman with prediabetes who could not lose weight on a 1000 calorie-per-day diet. He had her write down everything she ate for a week to determine the cause. It was fruit! She was eating lots of watermelon, cantaloupe and grapes that were raising her blood sugar levels and preventing her from losing weight.

In addition to watching the GI of foods for maintaining a healthy diabetic diet, portion control is also very important. Too much of any carb will raise your blood sugar levels.

4. Know How Your Body Reacts to Various Fruits

The final factor to consider is how your own body reacts. How do YOU respond to certain foods, their quantity, frequency, or

combination with other foods? Everybody is different. I talked to one person with type 2 diabetes who has found that she cannot eat bananas, pineapple, or grapes without those fruits spiking her blood sugar levels. Others with type 2 diabetes may be able to eat those fruits without experiencing such a rise in blood sugar.

For this reason, it's very important to keep track of what you eat, when you eat it, and how it impacts your blood sugar levels. While the other three factors I've mentioned are important and provide general guidelines, this last factor is one that only you can monitor and control.

[CLICK HERE TO LEARN MORE ABOUT REVERSING YOUR TYPE 2 DIABETES](#)

DIABETES TIP

Fruit juices are not the same as eating the whole fruit and will generally raise your blood sugar levels rapidly. The reason for this is that juice no longer has the fiber that the fresh fruit naturally contains, so the body digests juice very quickly.

BY ROB FISCHER

Garlic — The Medicinal Herb!



IF YOU WERE to list those things in life that you wouldn't want to do without, I doubt that garlic would rank high on your list. But Louis Diat, the late great French chef, took garlic very seriously when he wrote, "Without garlic I simply would not care to live."

Garlic is a strange herb:

- It's cherished for its culinary qualities.
- It's praised for its health benefits.
- It's shunned for its tendency to produce bad breath and body odor!

Garlic is truly a most versatile herb, not only in the kitchen, but also in the infirmary. Since ancient times, garlic has been used by health practitioners to treat a wide variety of ailments. Today, modern science has confirmed many of those benefits.



Garlic possesses powerful anti-viral, anti-bacterial, anti-fungal, and anti-oxidant properties.[1] This explains why garlic is so effective against so many different health problems.

The primary compounds in garlic that produce its medicinal benefits include: allicin, ajoene, allyl sulphides, and alliin.[2] These are sulfur-rich compounds that contribute to the herb's strong odor.

GARLIC'S MEDICINAL APPLICATIONS

The compounds in garlic are so versatile that it's difficult to narrow down their applications to a short list. Below are just a few of garlic's many uses:

1. Garlic is an anti-viral.

Garlic can help prevent and shorten colds, flus, bronchitis, and other viral infections.[3] One 12-week study conducted through the "cold season" demonstrated that those who took garlic supplements had 63% fewer colds with shorter durations than those who took placebos.[4]

Dosage: For prevention and treatment, simply add garlic to your soups and dishes. Also, either take a garlic supplement as recommended by the supplier or eat a fresh garlic clove with meals, two to three times per day.[5]

2. Garlic is an anti-bacterial.

Garlic was used as an antibiotic to prevent infections in wounds during WWI and II.[6] There is evidence to suggest that fresh garlic can kill food-borne bacteria such as E. coli and salmonella and prevent food poisoning. [7], [8] Also, bacteria don't seem to be able to mutate to become resistant to garlic like they do with pharmaceutical antibiotics.[9]

Usage: Add fresh, crushed garlic to your favorite soups, meats, and dishes. Toss raw, minced garlic into a salad. Always follow safe food handling guidelines to avoid contaminated food.

3. Garlic is anti-fungal.

Garlic can be used to help cure ringworm, athlete's foot, jock-itch and other fungal infections.[10] The compounds in garlic also demonstrate effectiveness against yeast infections and parasites.[11]

Usage: In the case of fungal infections on the skin, one can simply apply the juice of fresh, crushed garlic or olive oil infused with garlic to the infected area once or twice a day.[12]

4. Garlic is an anti-oxidant.

The allicin in garlic helps lower blood pressure and lowers cholesterol.

Additionally, ajoene helps prevent the formation of clots in the blood vessels. These factors make garlic good for the heart and help keep free radicals from damaging it.[13]

Also, the allyl sulphides found in garlic inhibit the formation of cancer cells in the body.[14] People take garlic to prevent breast, colon, rectal, stomach, prostate, and lung cancer and to treat bladder and prostate cancer.[15]

Dosage: Add fresh garlic to salads, soups, dishes and meats. You can also eat a fresh garlic clove with meals two to three times per day. [16]

ADMINISTERING GARLIC AS MEDICINE

Although garlic is considered a safe herb, it is strong and can cause intestinal distress if too much is eaten. One clove of garlic equals approximately 1 gram. For medicinal purposes, a person may wish to take 1 to 4 grams of garlic per day.

For those applications requiring allicin, fresh, crushed garlic is best because this releases and retains the most allicin. Many of the aged-garlic supplements that eliminate the garlic taste and odor have processed most or all of the allicin out of them.[17]

One very palatable way to introduce garlic into your diet is to create a salad dressing. Simply press a few garlic cloves with a garlic press and mix with extra virgin olive oil; add salt and your favorite spices.[18]

Garlic infused olive oil is considered a great prevention and cure for ear infections and may also boost the immune system when administered regularly.[19] Below is a recipe for making your own ear oil. Apply the ear oil with an eyedropper. Warm the oil in the eyedropper by running warm water over it before administering.

Place just a few drops in each ear and repeat until the infection goes away.[20].

GARLIC EAR OIL RECIPE

Ingredients:

- 1/3 cup of organic extra virgin cold-pressed olive oil or sesame oil
- 2 cloves of garlic
- A saucepan
- A small bottle and dropper

Directions:

1. Bring 1/3 cup of oil and 2 whole peeled garlic cloves to a simmer in the saucepan.
2. Let the oil and garlic simmer and bubble for about 5 minutes. Wait until the oil stops popping, and periodically press the garlic with a fork or spoon to help it release.
3. Let your ear oil cool.
4. Strain the ear oil, separating it from the garlic.
5. Pour the strained ear oil into an eye-dropper bottle. [21]

Probably the most pleasurable way to take garlic is by integrating it into your diet. Add fresh garlic into soups and nearly any meat, vegetable or starch dish you might prepare.

If you don't happen to be a garlic lover, perhaps the following quote will motivate you!

"Since garlic then hath powers to save from death, bear with it though it makes unsavory breath." – Salerno Regimen of Health

My wife and I maintain an unspoken rule when it comes to dealing with garlic breath: If one of us eats garlic, we both eat garlic!



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OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.