

VITALITY NEWS BULLETIN

Garlic: “Cure” for the Common Cold



The search for a cure for the common cold has been on-going and without success. One of the problems is that the "common cold" is not so common. There are many different forms of the human rhinovirus – and more than 200 known viruses can cause a cold.

There are also many different, frequently mutating forms of influenza. This is one of the reasons why the flu vaccination doesn't always work – researchers simply guess in advance which strain of influenza is likely to be most prevalent that winter and that is the one the public is vaccinated against.

The Garlic Connection

This is where garlic could come in. Garlic is a broad spectrum natural antibiotic with powerful antibacterial properties. In general, pharmaceutical antibiotics are ineffective against viral infections of the sort that cause most colds and flu. Fortunately garlic isn't *just* an antibiotic. As well as the powerful antibacterial allicin, a purified component of garlic considered to be the major biologically active agent produced by the plant, garlic produces a number of other potentially beneficial compounds.

According to a study posted in the BBC News, a daily garlic supplement containing allicin reduced the risk of catching a cold by more than half (1).

It seems that garlic can have positive effects for the immune system as a whole. In this way it might indirectly help the body to fight off illnesses for which modern antibiotics would be inappropriate. Many herbal supplements on the market contain garlic, often along with other traditional herbs such as Echinacea.

Garlic can sometimes help to treat the symptoms of colds and flu, however it is best seen as a preventative. The use of garlic against colds and flu seems to be most effective when applied before the infection is caught, or immediately upon the onset of symptoms. Research has also shown that taking garlic before or during a cold increases the speed of recovery and reduces the chances of re-infection following a cold (1).

Peter Josling, director the Garlic Centre in East Sussex, says "We have been searching for a cure for the common cold for years. Now we have gone one step further and even found a prevention."

References:

(1): Garlic 'prevents common cold'

Feeling a cold coming on? Follow these steps to kick it right out of your system:

- ◆ Dice an entire clove of garlic (or use diced organic garlic in a jar).
- ◆ Rub olive oil on both of your bare feet (this layer of oil will coat and protect the skin on your feet from the garlic oil).
- ◆ Generously spread the diced garlic on the soles of both feet.
- ◆ Wrap feet separately in saran wrap.
- ◆ Put socks over saran wrap (this will prevent the garlic smell from taking over the whole house).
- ◆ Relax with garlic on your feet for 2-3 hours (don't do more than this, if kept on for extended periods of time the garlic may burn your feet...even through the oil).
- ◆ Wash feet with warm water and soap.
- ◆ Drink lots of water and you will be feeling great in no time!
- ◆ Get adjusted... 6 minutes after your chiropractic adjustments, your immune system (white blood cell activity) increases between 75%-80%.