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GARLIC (*ALLIUM SATIVUM*)



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Natural antibiotic. Blood thinner. Health bu
Dissolves cholesterol. Stimulates lymphatic
Anti-fungal. Kills parasites. Does not destr
normal flora. Anti-biotic component is kno
(sulfur compound) which is estimated to e
standard units of penicillin. Anti-bacterial
in China to treat cryptococcal meningitis. F
against influenza. Lowers cholesterol. Inhib
aggregation. Used extensively in World Wa
antiseptic. Became known as "Russian pen
Uses: cancer prevention, diabetes, high bl
high cholesterol, infection.


GINGER (*ZINGIBER OFFICINALE*)

Removes congestion, relieves headaches. Excellent for upset stomach and indigestion. Helps remove mucus from the body. Used in the treatment of headaches. Excellent remedy for nausea. Speeds food through the large intestines. Cleansing agent for bowels. Relieves wind. Useful for motion sickness and morning sickness. Helps symptom of vertigo and dizziness. Ginger tea is excellent for that common nausea and diarrhea associated with the flu or 24 hour virus. Inhibits prostaglandins. Useful as an anti-inflammatory. Has antioxidant effects. Inhibits platelet aggregation. Accelerates calcium uptake by the heart muscle. This reduces high blood pressure. (Fresh ginger must be used.) Anti-ulcer effects. Warms the body. Provides hospitable environment for natural flora and fauna in intestines to grow. **Key Uses:** nausea and vomiting, motion sickness, arthritis, migraine headaches. Indigestion, gas and flatulence.

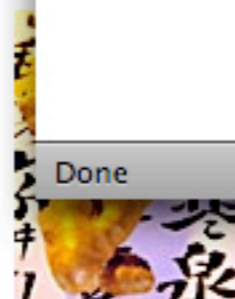
Ginger
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<http://www.ccnh.edu/community/holistichome/herbguide/zoom/ginger.asp>





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[Tea Room](#)



[Green House](#)



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