

*The Miscellany of Garlic:  
Amazing Facts You Didn't Know About  
The King of Seasonings*

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## Introduction

Garlic is one of those ancient natural resources that our ancestors enjoyed for various reasons over many centuries. It is a plant most commonly used to create distinct flavoring in various dishes, but its medicinal properties are becoming more and more evident as the years (and research!) go by. Those who don't particularly care for its taste can use it for medicinal purposes and mask the flavor just to get its significant health benefits. But if you enjoy the flavor garlic provides, you really have the best of both worlds by using it in your favorite foods as much as possible in order to get the health-boosting nutrients and benefits it provides while also enjoying its distinctive flavor.

Many of our ancestors knew garlic was good to eat for many reasons, even if they didn't know exactly how it could improve their health. Because garlic has always been a popular food source, the claims made about its miraculous health benefits used to be wildly exaggerated. The information spouted as fact forced scientific experts to caution against believing all the hype that different groups or products were expressing long before there was actual proof that garlic is indeed a "natural medicine" to use for a list of illnesses. However, in the more recent past, there have been quite a few research studies being conducted in order to test the health improvements garlic was thought to provide. Slowly but surely, many of the "unbelievable" claims about garlic have actually been proven as facts.

Thankfully, scientific research has actually resulted in proof of some of the amazing things that regular garlic consumption can provide in terms of improving your health. So whether you are looking for ways to use garlic in your food preparation, or you are looking for some natural ways to boost your health level or both, you need a practical way to process the garlic in order to add it to foods or use it medicinally. That is where the [Duropress](#) garlic press comes in to help you get to the nutrients of garlic so you can utilize them however you see fit.

## Chapter One – Ways to Utilize the Natural Benefits of Garlic

If you are looking for a garlic press, more than likely you already know and appreciate the great flavor of this pungent plant. But do you know how many ways it can improve your health naturally? There are actually many health issues that have been proven beneficial with garlic, and many more probable benefits that haven't been proven yet. As more and more research is being done regarding the medicinal properties of garlic, more benefits are being proven frequently. Here are just a few of the health advantages garlic can provide that are either proven or strongly believed to be true. Garlic ...

- ... is a Natural Antibiotic – Garlic has been proven to be a powerful, broad-spectrum antibiotic that can be used to treat infections such as sinus infections and bronchitis, and it can kill viruses, fungus, mold, and various types of bacteria. It can be used as an antibiotic to combat acne by topical application and/or consumption, and it works so well that it can treat even those deep acne cysts that are so hard to get rid of. It can also be used for treating canker sores caused by infection, etc. One of the best ways to use garlic for combating both acne as well as canker sores is by applying a bit of raw garlic to the affected spot of skin several times a day. Taking garlic supplements can also help the process move along faster for a faster healing timeline.
- ... can treat Ear Infections – Garlic has actually been used to fight ear infections for centuries. Even though our ancestors may not have understood how it worked for that purpose, they knew that it did work. And lucky for us, science has backed up their belief through scientific research. Garlic is used to treat ear infections by crushing some raw garlic and letting it steep in hot oil for a few minutes. Once it has marinated in the oil, simply put some of the strained oil into the affected ear canal a little bit at a time.
- ... can boost Weight-Loss – Believe it or not, garlic can also help you lose weight according to some recently-conducted research studies. It contains a completely natural compound that sends signals to the brain that your stomach is full, and you've had enough to eat. This helps you consume less calories while still enjoying the full flavor boost garlic can add to many recipes. Garlic is also thought to stimulate metabolic function that in turn helps you burn more fat and lose weight faster. Usually the best way to get the weight-loss benefits from garlic is to use raw garlic in any recipes that would be complemented by a strong garlic flavor. It is also very beneficial to eat garlic that has been cooked throughout various dishes. Whether eating raw garlic or consuming garlic in your

food choices, your body will react by sending those signals to the brain that you are full and done eating sooner than would happen without garlic.

- ... is an Anti-Fungal – Garlic holds some great anti-fungal nutrients and can be extremely useful in getting rid of infections such as Athlete's Foot that are caused by fungal organisms. Garlic will help fight the itching annoyance of such infections as well. When you are looking to treat Athlete's Foot or some other itchy foot ailment, crush several cloves of garlic using the Duropress then add them to a footbath where you can soak your feet for at least half an hour or so.
- ... can help Remove Splinters – Surprisingly enough, garlic can help get rid of irritating splinters that are hard to remove because they've gone too deeply into the skin. All you need to do is place some crushed or sliced raw garlic on the spot where there splinter is, cover it up with a bandage, and wait. Soon the garlic will help the foot expel the splinter until it is out completely or at least out enough to be removed with tweezers.
- ... is a Gas Prevention or Treatment – When consumed regularly, garlic helps balance out intestinal health in order to prevent the accumulation of uncomfortable gas in the stomach system. This is accomplished by the anti-bacterial properties of garlic that eliminate harmful bacteria in the gut that can cause gas. Unlike traditional medicine that kills off both the good and bad bacteria throughout the process, garlic only kills unwelcome bacteria while encouraging the growth of "good" bacteria at the same time. The best way to receive the most benefits for your stomach from garlic, make sure to consume it on a regular basis in order to avoid upsetting your stomach.
- ... is a Skin Cleaner – Not only will garlic help combat acne, it can also tighten and exfoliate the skin when being used as a cleanser. Just remember that garlic can sting so you don't want it to come into direct contact with any open wounds on the face. Making a garlic skin cleanser is really quite simple – all it takes is some crushed garlic, olive oil, and sugar combined with a little of your regular face cleanser in order to create a paste that can be worked into the skin then washed off.
- ... can be used as a Cough Remedy – Garlic's anti-inflammatory benefits help soothe swollen and sore throats, and it can also help dry up the excess mucus that usually comes with a sore throat. A garlic cough syrup is easy to make just by steeping crushed or minced garlic in hot water for about 5 minutes. Then all you have to do is strain the garlic out and drink the water that remains. You can also add honey, cinnamon, vanilla, ginger, or other natural flavors if the garlic taste and smell is too overwhelming.
- ... a Treatment for Psoriasis – Garlic has some natural nutrients that work against the natural omega fatty acids in the skin that are thought to be responsible for causing psoriasis. By applying garlic oil directly to the affected skin once or

twice a day, the anti-inflammatory properties can reduce skin swelling and soothe the hallmark annoyances of irritation and itching that psoriasis causes.

These are just a few of the health benefits that can come from the wonderful plant known as garlic. There are many more ways to enjoy the power of garlic in a variety of ways both common as well as unique. But of course, in order to enjoy what garlic can do for your health or your meals, you have to process the cloves themselves in order to utilize them in health remedies or cooking. That is where the Duropress garlic press comes in as the best method for extracting garlic juice or crushing garlic cloves to be used however preferred. Professional chefs know how valuable a garlic press is around the kitchen, and Duropress is the personal choice of many professionals.

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