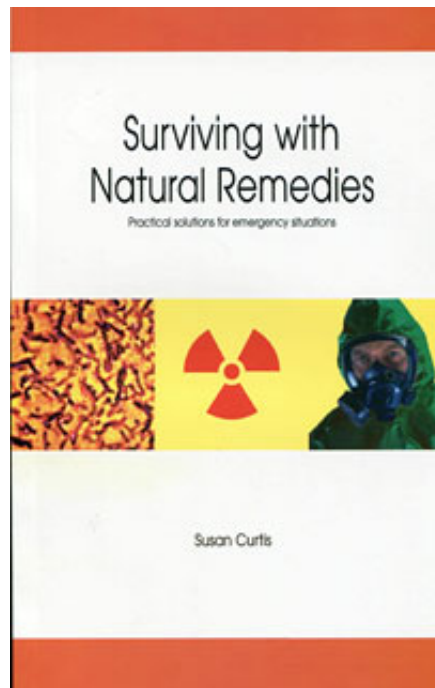


Susan Curtis

Surviving With Natural Remedies

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GARLIC AND ONION

Allium sativum and Allium cepa Family: Liliaceae
Habitat: Cultivated throughout the British Isles. Field Garlic (*A. oleraceum*) and Wild Onion (*A. vineale*) are the native, wild varieties, which have similar therapeutic properties to the cultivated types but have much smaller bulbs and a less pungent flavour.
Part Used: Bulb
Collection: Unearth bulb when leaves begin to wither in autumn.
Actions: Antiseptic, anti-viral, anti-fungal, diaphoretic, anti-parasitic, hypotensor, antispasmodic, expectorant.

Uses

Eating raw garlic will help to prevent any contagious disease; it was used in previous centuries to help prevent plague. Eat a raw, peeled clove three times a day before meals.

Garlic is useful for treating intestinal worms and any digestive infection, eg. food poisoning.

Garlic and! onion are both excellent for bronchitis, asthma, cough, whooping cough, colds and flu. Onion is milder than garlic and more suitable for children and old people.

EXTERNAL:

Apply the juice to prevent and treat infection in wounds, boils, styes, etc.

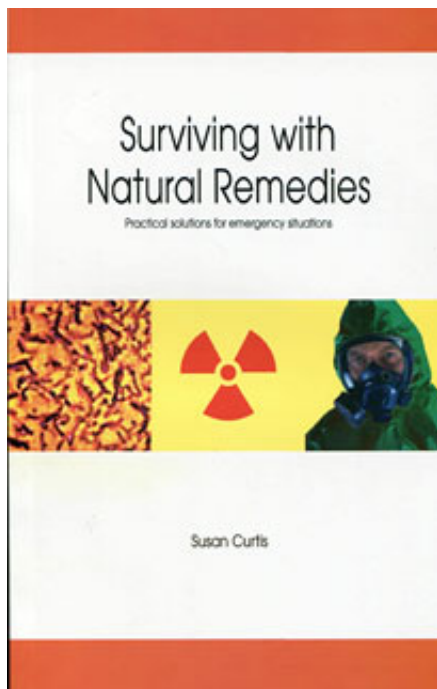
Preparations

Fresh garlic clove: Eaten at mealtimes.

Fresh garlic or onion juice (internal): Half to 1 teaspoon in honey or water.

Compress: Mash garlic clove on suitable material.

Poultice: Roast whole onion until soft. Cut in half and when cool apply to affected area.



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Practical solutions for emergency situations

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