

I first discovered how amazing garlic is while road tripping through the desolate beauty of Western Australia. My cousin and I had bought a \$1,000 dollar red Nissan in the North Australian city of Darwin and planned to take it south then east, around the continent to Sydney.

We were on a tight budget. We had to be; gas is expensive in Australia and even in a little car it takes quite a few liters to go 13,000km (about 8,000 miles). That left us with about \$10 per person per week for food. Ramen, peanut butter and jelly sandwiches and oatmeal was the menu. That, and garlic.

Before we left Darwin, a dreadlocked guy in the hostel we were staying in told me late one night about what he called “the magic of garlic.” I didn’t put much stock in it at the time, but why do you travel if not to try new things? And garlic was cheap. So I bought some and followed his instruction; pop a raw clove in your mouth in the middle of a meal, chew it for 10 seconds, try to ignore the burning, and swallow it. The results blew me away.

Now, in the past I would usually get a minor cold or flu every few months, much more frequently than that when I wasn’t eating well. It would start with a sore throat, then progress to a stuffy nose and a general feeling of achy lethargy. Usually I would be like this for about a week or two before it passed.

I had never eaten as poor a diet as I did on that road trip. The lack of nutrients should have been depressing my immune system to the point where any little virus would have given it a run for its money. But it didn’t.

In the 4 months that we traveled, I never once got sick. Not only did I not get sick, I felt more alert and energetic than I had when I had been on a much more nutritious diet. No doubt the carefree, active life-style helped, but I’m convinced that the garlic was the principal cause. I was a convert.

I decided to start doing some research. How did garlic do this? Turns out that garlic has antibiotic, antimicrobial, antifungal AND antiviral properties. It is an immune booster, its an anti-oxidant, it can help break up the cholesterol and plaque that builds up in your arteries, it can help regulate blood sugar, it even improves circulation. Garlic was even shown, in an uncontrolled, study to be helpful in treating AIDS patients in China.

Both the Nepalese and Tibetans have used garlic for centuries as a remedy for altitude sickness and fatigue. Cherokee traditionally used it to treat coughs and colds. The cleansing effects of garlic’s use can even be seen in American popular culture; vampires- the undead, necrotized menaces that have taken tween literature by storm- fear its purifying scent.

So as winter rolls in this year, and you spend more time closed indoors, why not give your immune system a little boost and try munching on a clove or two of Whole Food Farms’ garlic? We just got a limited shipment in and it’s going fast, so get in here and discover the ‘magic of garlic’ for yourself!

