

Sore Throat Support

A sore throat coming on? Whether viral or bacterial, many have found that the freeze-dried organic garlic, offers a fast relief. See references for scientific research.

A Therapeutic Food Protocol for Sore Throat

- **Garlic, Organic, Freeze Dried**- Take one to two capsules right when you feel the symptoms are coming on.
- **LactORN**- take one tsp. allowing the powder to dissolve in your mouth.
- **No. 7 Systemic Booster**- take one tsp. in a glass of water.

Food Science:

A quicker way to lessen the pain of a sore throat: open up the capsule(s) of the whole garlic clove powder into a glass of water. Each capsule contains 4 to 5 cloves of garlic.

Stir and wait for at least a minute, enabling the garlic powder to dissolve in the water. This allows for the enzyme alliinase and the precursor molecule to create allicin, garlic's major and strongest antimicrobial molecule.

You may, if the sore throat is painful, swig the drink around in your mouth so as to treat your oral cavity and then gargle it as you swallow the water-garlic drink down-the-hatch. You are treating that way the whole GI tract mucous membrane.

To potentiate your sore throat support even further, add to the glass of water one tsp. of No. 7 Systemic Booster.

Additionally, take a tsp. of the LactORN, and let the powder dissolve in your mouth.

Try it, it works amazingly well.

Bibliography:

- Ankri S and Mirelman D. (1999). Antimicrobial properties of allicin from garlic; *Microbes and infection*;2:125-129.
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- Durairaj et al. (2009). In vitro Antibacterial Activity and Stability of Garlic Extract at Different pH and Temperature. *Electronic Journal of Biology*;5(1):5-10.
- Wallock-Richards et al. (2014). Garlic revisited: antimicrobial activity of allicin-containing garlic extracts against *Burkholderia cepacia* complex. *PLoS One*; 9(12):e112726.

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