The Honey, Garlic & Vinegar Miracle

31 Amazing Home Remedies to Help You Burn Fat, Relieve Pain and Fight the Causes of Disease
1. The health benefits of honey

Honey is one of nature's true super-foods. It contains magnesium, potassium, calcium, sodium chloride, sulphur, iron and phosphate, vitamins B1, B2, C, B6, B5 and B3, plus small amounts of iodine and zinc.

Here are some of the many ways it can help treat everyday ailments.

Cuts
For centuries, honey has been applied to wounds to heal them quickly, even back in Ancient Egyptian times. In the last two world wars poultices with honey were still being used to heal wounds. But somehow, as the 20th century "progressed", we forgot all about this powerful natural remedy.

Instead we relied upon antibiotics. So much so, that now antibiotics are beginning to fail us. Elderly people in hospital are now threatened by many potentially deadly bacteria, and antibiotics simply aren't protecting them.

Now honey is making a comeback.

'In hospitals today we are faced with germs which are resistant to almost all the current antibiotics,' says Dr. Arne Simon. 'As a result, the medical use of honey is becoming attractive again for the treatment of wounds.'

Experts from the University of Bonn have discovered that even chronic wounds infected with multi-resistant bacteria can heal within a few weeks when honey is applied.

Honey can heal thanks to a combination of several factors. Its acidity is low enough to hinder the growth of bacteria. Honey can also absorb water from a wound, depriving bacteria of the moisture they need to thrive.

When honey is diluted (for instance, with fluids from a wound) an enzyme is activated, which produces hydrogen peroxide. This is a great antibacterial agent. Honey has also been shown to reduce the inflammation and soothe the pain of deep wounds and burns.

Simply wash the wound clean, dab some on the cut and cover as normal.

Coughs
Steep an ounce of dried thyme leaf in a cup of boiled water, covered, until cool. Strain, then mix the liquid with a cup of honey. Now put this into a glass jar and store it in the fridge (it keeps well for several months). Take a teaspoon of this syrup several times a day as needed.

Gout
Here's an old fashioned remedy to try if you get an attack of gout...

Mix 4 tablespoons of honey with a tablespoon of comfrey tincture, then heat it in a 'double boiler'. (A double boiler is also known as a 'bain marie'. Basically, it's a container with your mixture, placed in larger pan of boiling water, so it heats up).

Now dab the mixture onto a cloth and apply it to the painful joint, then leave it overnight. Repeat this for several weeks.

Heartburn
Honey mixed with slippery Elm is an effective remedy your stomach is complaining about the amount you've stuffed in there. The best way to take it is in tea form. You can buy the herb slippery elm in powdered format, but watch out for ones with added sugar.

Slippery elm has a thick consistency, so mix a teaspoon of it with a little cold water until it forms a smooth paste, THEN add boiling water and 1-2 teaspoons of honey.

Wrinkles
Take 30 ml. of cabbage juice and mix it with a teaspoon of honey. Dab the mixture on your face every evening to help keep the wrinkles at bay.
Nausea and hangovers
If you're out at a party, of just come in after a night on the tiles, take a teaspoon of lavender honey every half hour until you hit the sack. The honey will keep your blood sugar levels up. My tip is to keep a small pot of it in your pocket.

Lavender honey has an amazing ability to get to work almost immediately... helping fight nausea, headaches and indigestion. So don't worry what you look like if someone catches you having a spoonful – just imagine how the other person's going to feel in the morning!

Sore throat
Make a tea from fresh sage leaf, (purple or red sage works better) and add a spoonful of honey. This will soothe and "open up" your throat.

Tiredness and digestive problems
Each morning before your eat or drink anything, take a cup of nettle tea with a teaspoonful of honey. This has been known to treat intermittent constipation and chronic tiredness throughout the day

Nettles can drastically lower blood sugar levels, which is why it's a good idea to add honey to the tea.

Inflammation of the prostate
Steep 1 teaspoon dried goldenseal root in 1 cup of boiling water for three minutes. Strain and sip hot. Now sweetened this with honey and drink several cups throughout the day. (This herb is NOT to be used by pregnant women).

To help you urinate
Here's a natural diuretic to try. Pour 6 ounces of freshly boiled water over 1 heaped teaspoon of wild thyme, either fresh or dried. Cover and steep for three or four minutes. Strain and sweeten with honey. Drink 1 cup daily.

2. The health benefits of Garlic
Since Ancient Egyptian times, garlic has been used as both food and medicine in many cultures. Here are just a few of those medicinal uses...

Spots and skin infections
Use a clove of raw garlic to tackle stubborn spots. Just rub some over the problem area, and the blemish should disappear without a trace after a few days. Alternatively, you can crush 3 cloves of garlic with a little puffed rice, add water, and down it to help clear skin infections quickly.

For hundreds of years people have used chopped garlic to fight skin cancer. They make a poultice of garlic and castor oil, paste it onto their skin to fight the tumour. It's all because of allicin, the chemical that gives garlic its flavour. Allicin, produced by a biochemical reaction between allinase and alliin, is toxic to cancer cells.

Earache
If you're suffering from earache, use a blender to crush a clove of garlic into three tablespoons of olive oil until it's completely smooth. Lie down on your bed and have your loving partner put three drops down your ear.

Stay like this for half an hour, and repeat twice a day.

Stomach bugs
If someone in your house picks up a stomach virus, eat two large garlic cloves and you the virus will run into a solid defence like Tom from Tom and Jerry running into a wall. Eat this much garlic every four or so hours for as long as the bug is in the house.

Be warned. If you take garlic by chewing it up, it tends to burn the mouth and stink on your breath for hours afterwards. Instead, finely chop up the clove (one 2 times a day is way plenty) and let it sit for 10 minutes before putting it in a teaspoon. Then wash it down with a glass of water.
Now it becomes almost tasteless and doesn’t repeat on you too much.

**Blood pressure**
Garlic eases the strain put on the heart by high blood pressure by easing the spasms in small arteries. It also helps reduce the risk of blood clots (the cause of most heart attacks and strokes).

Similarly to wine, garlic also contains valuable antioxidants that may help to lower blood cholesterol levels. Could this be why the French have one of the lowest rates of heart disease in the industrial world?

Make sure you include raw garlic in your diet every day. Grate it into salads, put it into the juicer with lots of carrot, orange and apple. Try the method in the section above, or look for supplements at your health store.

**Protection against major illness**
I’m not going to pretend there’s a cure, but many people still swear by garlic as a protective weapon against cancer. Perhaps there’s some science to this. In 2000, a team of researchers from the University of North Carolina found that people who eat raw or cooked garlic regularly cut their risk of stomach cancer by about a half compared with those who eat none.

Try blending up some raw broccoli, garlic juice, onions and ginger. Sounds like it could blow away a hangover from 20 miles, too!

As always, always consult your doctor first if you're worried about a serious illness like cancer. And discuss any major dietary changes with an expert first.

**Sinus headaches**
If your headache is a dull face ache around the eyes, cheeks, jaw and crown - which feels worse when you move your head - there's a good chance that this will be sinus related.

If so, try using garlic and ginger as a tea. 2 to 3 cloves of garlic and 2 to 3 slices of fresh ginger should do it. Steep for 5 to 15 minutes and drink, breathing in the steam.

**Stuffy nose**
Crush the small end of a garlic clove and use it like a Vick's inhaler. Breathe the fumes in through your nostrils. This will help clear the passages and fight the germs.

**Coughs and flu**
For cough and flu, you can make a syrup out of garlic. Slice a pound of fresh garlic and pour two pints of boiling water over it. Let it sit for 12 hours. Now add two tablespoons of cider vinegar, bring it to the boil and gradually add sugar until it becomes gloopy like a syrup. Add honey to taste. Then cool. Now take a teaspoons of the mixture three times a day, or whenever necessary.

For sore throat, steep seven cloves of garlic in half a cup of water overnight. The next morning, drink it down in a gulp.

**Asthma**
Boil three cloves of peeled and crushed garlic in 120 ml. of pure malt-vinegar. After cooling, strain it and add an equal quantity of honey. Mix and put in a sealed jar. Take one or two teaspoons of this syrup in the evening and before going to bed.

### 3. The health benefits of Vinegar

Not just the smelly stuff that goes on your fish and chips, vinegar has many potent benefits. Here are some of the health uses you can put it to...

**Headaches**
Apple Cider Vinegar is an amazing cure for headaches and migraines. The trick is to take it at the onset of symptoms. Just mix 2 tablespoons of Apple Cider Vinegar in 8oz of water, and take it two times a day. Add a tad more vinegar if it's a real pounder.
Diabetes
Some researchers now believe that taking vinegar before a meal can help those who suffer from Type 2 diabetes. Carol Johnston, a professor of nutrition at Arizona State University, discovered this when she tried to develop the perfect menu for diabetics.

She found that taking two tablespoons of vinegar before a meal reduces the blood sugar 'spikes' you get after eating.

We all get these surges of glucose and insulin but for diabetics they are so powerful that they can cause problems like heart disease later in life. Luckily, the type 2 diabetics who consumed vinegar saw this spike reduced by 25%. And even more excitingly it also reduced these spikes by 50% for those people with signs of future diabetes.

In my view, the best way to have two spoons of vinegar before a meal would be to choose vinaigrette dressing on a tasty salad.

Burns
Soak a piece of clean cloth in chilled vinegar and apply it to the burn. Do this every 15 minutes until pain goes away.

Obviously, anyone with severe burns should go and see a doctor immediately!

Asthma
During an attack, apply a hot moist apple cider vinegar compress over your entire chest area. When the compress loses its heat, wash your body with water. Then replace the cloths every 15 minutes, or whenever cool.

If you cannot lie down to put it on your chest, apply the hot vinegar compress on your stomach and walk around.

Cigarette smells
Vinegar is very effective, especially for cigarette smoke. All you do is pour half a cup of vinegar in a few containers and place them around the room.

For a stronger effect, if something really has been stinking up the house, boil 3 tablespoons of vinegar in a cup of water. Alternatively, simmer cinnamon sticks or cloves in a pot of water.

Fungal nail infections
Soak the affected nails for 15 minutes a day in a basin of warm water, with a cup of apple cider vinegar, and ten drops of lavender essential oil.

The vinegar restores the proper pH balance to the skin, toughening it up against infections, while the lavender has anti-microbial properties. Make sure you dry your feet thoroughly (wet feet often trigger the problem in the first place).

Bruises
Soak a cloth in some apple cider vinegar, together with some cold water. It acts as a compress, and draws the discoloration out of bruises.

Sore / smelly feet
Fill a washing up bowl with water and add half a cup of apple cider vinegar. Put your feet in, switch on the telly, and feel the soothing action. If you wash your feet with antiseptic soap first, this will also remove nasty foot odours.

Bad hair
Hair is mildly acidic. But any of the hair care products on sale are strongly alkaline. So rinsing with apple cider vinegar can help balance the pH of your hair and remove the buildup that can result from the use of these products. Your hair will become shinier, smoother and easier to manage. Your hair may small a tad vinegar after rinsing, but this vanishes once dry.

Make your own healthy after-shampoo hair rinse mixing a tablespoon of apple cider vinegar with 1 cup (250 ml) of warm filtered tap water.

Bad Breath
This one is easy. Rinse your mouth and gargle with a solution of half vinegar and half water.

Leg cramps
Dab some vinegar on the area that's cramping. Use a soft cloth to do this. The pain should subside
quickly. Vinegar can also prevent those painful leg cramps that come at night when you’re in bed. Simply drink a glass of water containing one tablespoon of vinegar with your evening meal.

4. The health benefits of Honey, Garlic AND Vinegar

As you can see, taken separately, honey, garlic and vinegar are all nutritious, healthy foods with a wide variety of health-giving properties. What many people don’t realise is that, when combined, they turn into an explosive fat-burning remedy that can help you lose weight better than any diet.

Five major international studies conducted in China, France, England, South Africa and Russia all claim that garlic and vinegar can help you lose weight.

Take a look at some of the results:

• In China, a study of 600 dieters were divided into two groups. The groups supplementing their diet with garlic and vinegar lost - on average - a massive 10 pounds (4.5 kg) each week. This was double the amount lost by the slimmers not taking a garlic and vinegar supplement.

• A Russian study showed that after just one month, garlic and vinegar slimmers lost a staggering 40 pounds on average. Those slimming without garlic and vinegar lost an average of just 22 pounds. Again - weight loss was doubled with the help of garlic and vinegar!

• A 4-week experiment was conducted by professor Carol S. Johnston, a nutritionist at the Arizona State University East in Mesa, to investigate the beneficial relationship between vinegar and diabetes. As an unexpected side effect she found that her test subjects lost weight! After taking two tablespoons of vinegar before each of two meals daily, the average weight loss over the four weeks was two pounds. A control group that did not drink the vinegar showed no change. Dr Chen Li-Shen, nutrition expert and researcher involved with the Chinese studies, explains:

"When the substances in garlic and vinegar mix in the body, there is a spontaneous chemical reaction between their active essences and substances caused by our natural digestive processes... each releases powers in the other that would remain untapped if you took just one or the other."

In other words, garlic and vinegar on their own have great health benefits, but mix the two together, and your body becomes a fat-burning furnace. It helps prevent your storing extra fat and lower your food cravings.

Renowned health researcher Kurt Stuttgart says:

"This is far deeper than folklore... those who doubted are now forced to acknowledge the incredible curative powers that this phenomenal threesome contain. It's like turning on a healing tap. The benefits and cures simply flood out!"

The key is to get a balanced combination of the three ingredients from this report into your diet every day. But this isn’t easy, of course. Imagine trying to squeeze honey, vinegar AND garlic into your cooking every single day - in the same dish!

If you have some time and patience, you can try out this recipe:

Take two cups of organic apple cider vinegar, 8 garlic cloves, and a cup of honey. Blend in a mixer until the garlic is chopped. Store in the fridge. Then take a tablespoon of the mixture in a large glass of hot water every day.

Or an easier, more convenient alternative is to opt for an all-natural supplement that combines honey, garlic and vinegar in a pill that you take once a day. This allows you to get all the benefits of these wonder-foods, without the hassle.

“For some people this really works wonders. For
example, here’s an email that was sent to a website called The Good Life Letter last year. It’s testimony to one person’s amazing experience with honey, garlic and vinegar.

"I’m indebted to you for the weight loss from the honey, garlic and vinegar tablets. Weight had slipped on through the menopause. It wouldn’t shift by the usual cutting-down methods and exercise, which had always worked in the past.

Over a period of 18 months I spoke to my doctor, a dietician and a herbalist, read widely and tried some ideas from other companies. What I was looking for was a way-of-life diet so the weight would go off and stay off and I would be eating healthily as well.

But it was the honey, garlic and vinegar tablets that actually worked and shifted much of the excess weight.

I have gone back to my original size in clothes, I feel very well and it’s been a huge boost to my confidence. Furthermore the weight has stayed off, although I have not taken the tablets for a little while. I eat differently now and often include honey, garlic and cider vinegar in a meal.

This really could be a way to end your days of yo-yo dieting. With honey garlic and vinegar you’ll find that those cravings for crisps, chips, cheese and cream cakes disappear! Without calorie counting or starving yourself, you should notice your weight drop.

Of course, the best way to know if it will work for you is to try it yourself. If you’re interested, you can try the recommended Honey Garlic and Vinegar supplement at this website:

http://www.goodlifeletter.co.uk/health-breakthrough.asp