



Nature's Balance Acupuncture
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The Healing Cuisine of China – Zhuo Zhao & George Ellis

Garlic Pacifier

As well as combating a runny nose, garlic can also be taken orally to prevent a cough and sore throat.

3 garlic cloves

Peel the garlic. Put 1 clove, whole, into your mouth. Leave it there until you can no longer taste it—this can be as long as one hour. Swallow your saliva as it forms. Do not suck with force or chew.

Spit the clove out when it has lost all flavor. When you are ready, start again with a second clove. Later, take the third.

Do this once a day until you feel better.