

Review: Peter Josling, *Allicin: The Heart of Garlic, Nature's Aid to Healing the Human Body*, HRC Publishing, Chicago , IL, 2005

Pages: 162

The Herb That Will Save You Pain, Possibly Your Life

Peter researches the incredibly broad-acting nature of this herb, and shows efficacy against common and deadly bacteria, yeast, funghi, and parasites. Even cancer shows anecdotal success.

The history of Egyptian use is fascinating, and shows there truly is nothing new under the sun. It is a shame that England in the 16th downgraded this herb to peasant class, and so consigned many to illness and death out of ignorance.

The main chapter of medical usage is very handy, almost a *materia medica* to consult.

The strange questions which will confront readers is, why this information isn't widely promoted by the 'healthcare' industry? The answer is such a simple herb is far more powerful than the best that Satanic allopathic medicine can offer, so they will ignore and demonise it!

Introduction (pp. 8-15)

In Russia, over 4M have MDR tuberculosis or other diseases.

90% of doctor visits are infection related.

65% of infections involve biofilms.

Bacteria inside a biofilm (85% slime) are 1000X less likely to succumb to antibiotics.

Vibrio fischeri glow in the dark via acyl-homoserine lactone (AHL) production.

Some bacteria biofilms contain an H₂O₂ inhibitor.

Vancomycin is a toxic last-resort drug.

Vibrio cholerae bacteria causes cholera.

Allicin can destroy biofilm and kill: *Escherichia coli* (food poisoning); *Haemophilus influenzae* (pneumonia and meningitis); *Helicobacter pylori* (ulcers); *Yersinia pestis* (plague); and *Staphylococcus aureus* (toxic shock).

I) A Brief History Lesson (pp. 16-19)

Garlic is a “herb all heal”.

A Giza pyramid inscription gives garlic and onion worker rations.

Tutenkhmanun’s tomb was found to have six garlic bulbs.

Silica from sandstone millstones made grain which would damage teeth; garlic paste was the toothache remedy.

Garlic was peasant’s food in 16thC England, Poor Man’s Treacle, Devil’s Posy, Witch Poison, and Camphor of the Poor.

It is of the lily family (*Lillaceae*).

Each bulb has 7-20 cloves.

Raw garlic has a 4% allicin yield.

II) A Brief Chemistry Lesson (pp. 17-31)

It contains 17 AAs and 33 sulphur compounds.

Reactive allicin molecules have a very short half life.

95% of garlic powder products have no allicin.

Too much garlic can prevent blood clotting.

III) A to Z of Uses for Allicin Powder, Liquid and Creme (pp. 32-142)

The Egyptians took garlic crushed in water.

Acne: sebaceous glands may be clogged with *S. aureus* or *C. albicans*. Sugar, caffeine cocoa, and vegetable oils can all cause problems. Acidic pH is protective [?].

AIDS: allicin has been described as, “an immune system in pill form”.

Athlete’s Foot: caused by *Trichopyton* and *Epidermatophyton* fungi, affecting between-toe skin, groin,, thighs, and under beards.

Bacterial infection: most are single-celled and asexual. There are: coccus (spherical); rods (bacillus); spiral (spirillum); vibrio (comma-shaped); and spirochete (corscrews).

Bacillus anthracis is highly susceptible to allicin.

Allicin also kills the flesh-eating *Streptococcus pyogenes* at 16ppm, and *Bacillus subtilis* (conjunctivitis) at 3ppm.

Allicin is quickly absorbed in the blood.

Bladder infection: caused by *E. coli*, symptoms of frequent urination and burning, and lower abdomen cramps.

High blood pressure: BP is minimal at midnight and peaks at 11am. Exercise will increase it. 0.6% allicin reduces systolic BP by 10% and diastolic by 6%, which may equate to a 40% stroke reduction.

Raynaud’s Syndrome: improves blood circulation warming extremities.

Dandruff: caused by *Pityosporum ovale* yeast.

Leishmaniasis: caused by parasite protozoans from sandfly bites resulting in ulcerations.

H. pylori is believed to be transmitted orally via faecal matter.

IV) So How Does Allicin Work and What Else Can it Do? (pp. 143-145)

Allicin reacts with thiol compound L-cysteine to form S-allylmercaptocysteine which damages microorganism enzymes.

Allicin can act synergistically with: C; ginger; echinacea; A; E; astragalus; wormwood; etc.

V) Allicin and Cancer Prevention (pp. 146-150)

Diallyldisulfide is anticancer.

One man who ate 5-7g of fresh garlic per day shrunk his tumour 50% over 5 months.

Conclusions (pp. 151-162)