



EARLY SEASON FORM!

Joan Morris was one of the first golfers to play a round at Acton Meadows this spring. (Doug Harrison photo)

GOOD HEALTH ... Naturally!

What's the big stink about garlic?

It's not just another ingredient in your spaghetti sauce. Garlic is one of the oldest and most potent remedial herbs around. The ancient Egyptian pyramid builders revered its powers and used it daily for endurance and strength.

The antibacterial activity of garlic was first recognized by Louis Pasteur in 1858, long before the widespread use of antibiotics. However, unlike prescription antibiotics which kill "good" bacteria along with the bad, garlic kills toxic bacteria and replaces it with good bacteria.

Garlic can be used to treat a host of ailments. It is a natural blood thinner, helping enhance circulation and regulate blood pressure. It is useful in reversing infections and digestive problems. Garlic has a positive effect on blood sugar levels, reduces overall cholesterol levels and has a detoxifying effect on the heavy metals our body absorbs due to pollution. It provides protection against the common cold and other infectious diseases. Garlic oil can relieve ear aches and can help minor skin disorders. Garlic is also on the front lines in the war against cancer. Research at the University of Texas has shown that some nutrients in garlic prevent and retard tumour growth.

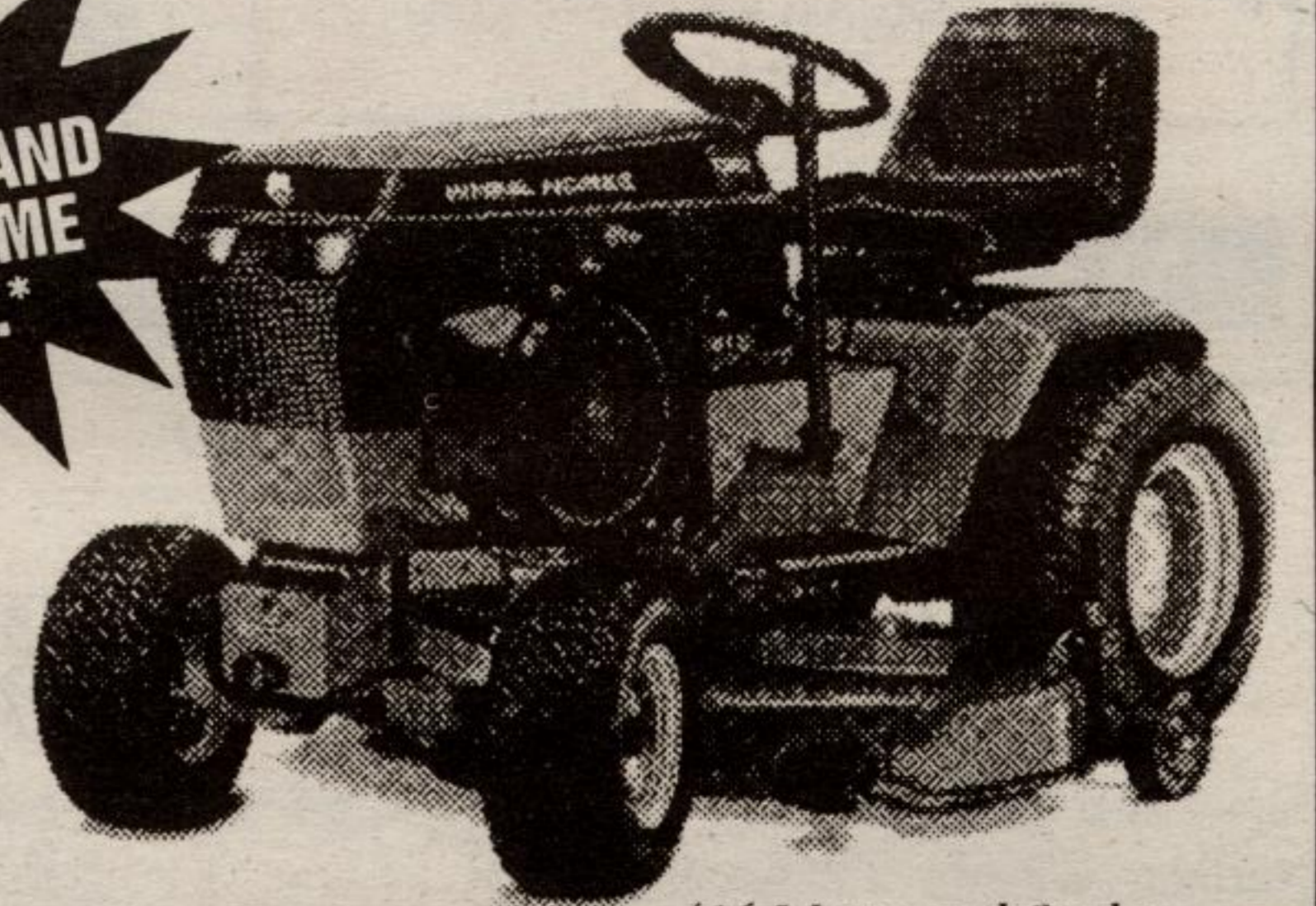
Like most foods, garlic is most beneficial when consumed raw since the heat from cooking destroys many of its most useful elements. You can eat cloves of garlic straight or take it in odourless capsule form (probably the more pleasing choice from society's point of view!). Look for garlic products in your local health food store.

Willow Lane Natural Foods



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Annie Kerkhof,
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