

# The Healing Powers of Honey, Garlic, and Apple Cider Vinegar

By Lynn Allison

Americans often rush — or get rushed — into taking drugs too quickly, say physicians who believe in trying lifestyle changes first to solve many health issues. Suzy Cohen, RPh, tells *Health Radar* that as a pharmacist for more than 25 years, she's seen her share of the good, the bad, and the ugly side effects of prescription drugs. "I know we need some of them, and I know that others are not useful — or worse, they are harmful," she says.

Luckily, there are ancient natural alternatives to pharmaceuticals. For instance, apple cider vinegar, honey, and garlic have been used for millennia by doctors and herbalists to heal a wide variety of conditions including heart disease, diabetes, and obesity. And they are as useful and necessary today as ever.

"Herbalism has a special term for creating a tonic using vinegar and honey as the base," Ellen Kamhi, Ph.D., RN, who is known as "The Natural Nurse," tells *Health Radar*. "It's called an oxymel. The term originates from 'oxy' which means acid and 'mel' for honey. It is an effective way to deliver the herbs to the body."

## Three Foods, Many Benefits

**Honey.** This sweet nectar formulation is a natural remedy for several things. "It's used to promote energy and healing, and it's a natural antiseptic that can be used as a salve for burns and

wounds," according to the best-selling book, "Prescription for Nutritional Healing," by the late Phyllis A. Balch.

Honey also contains 35 percent protein that supplies half the amino acids your body needs, and has B-complex vitamins, as well as vitamins C, D, and E.

**Garlic.** A major benefit of garlic is that it reduces inflammation, which is the culprit in most chronic diseases. Polish researchers found that people taking aged garlic extract (AGE) reduced their inflammation, which lowered their risk of heart disease.

One of the most dangerous complications of obesity is low-grade inflammation, which has been linked to heart disease, stroke, Type 2 diabetes, depression, kidney disease, and certain types of cancer. A Florida-based research team found that AGE, with its powerful anti-inflammatory properties, stopped obesity-related inflammation. Study participants who took AGE also saw an improvement in their immune cell activity and had lower LDL cholesterol levels.

**Apple cider vinegar (ACV).** The healing powers of ACV have been praised for thousands of years, but now modern science backs up those claims. "It's naturally acidic, which does not allow for the growth of bacteria," says Kamhi, co-author of "The Natural Medicine Chest." "Apple cider vinegar has wide-ranging health benefits including weight loss,

reduced cholesterol levels, and improved symptoms of diabetes."

Its main component, acetic acid, kills harmful bacteria and prevents them from multiplying. Hippocrates, the father of ancient medicine, used apple cider vinegar to clean wounds more than two thousand years ago. It can also be used for treating ear infections and eliminating nail fungi.

An article published in *Diabetes Care* showed that taking two tablespoons of ACV before meals significantly reduced the spikes in blood sugar that normally follows eating. Several human studies have shown that ACV increases the feeling of satiety, causing you to consume fewer calories. □

## Recipe for a Healthy Organic Oxymel

This recipe for a healthy organic oxymel, which is an effective way to deliver herbs to the body, comes from Ellen Kamhi, author of "The Natural Medicine Chest."

### Ingredients

1 quart organic apple cider vinegar  
2 pounds organic raw, unfiltered honey  
4 cloves organic raw garlic

### Preparation

Cook all of the above ingredients in a large saucepan on medium to low heat for an hour. Allow to cool. Mince the cooked garlic cloves and allow the mixture to macerate overnight. Pour through a strainer into glass jars and refrigerate. Your healthy oxymel is ready to use.