

About the Founder of World-Famous Garlic



Hello Dear Visitors

My name is Alonzo, and I would like to tell you a little bit about myself, my background, and why I decided to create this super food product with garlic.

Let me start by thanking you for visiting our company website. I am sure you are one of the people who is continuing to look and searching for ways to live a better and healthier life. There has- never been a better time in the history of our great country for people to realize that healthy eating and a holistic lifestyle is an important factor that must be included in your daily life.

Here is some information about my background.

I am a computer engineer and work for the second largest community college in Californian and the fifth largest college in the nation. During my days at work, I solve technical problems and wire computers for networking. I design and support small to large computer labs for our faculty and student use. I provide training and assistance to college faculty, professors, administrator, and our students. I value my work greatly and take pride in my work because I help hundreds of students to be able to achieve their educational goal by putting technology in their hands.

When I am off my Information and Technology job, I either cook healthy meals for myself, or go daily to gym for mental and physical exercise. I have a Bachelor of Science in Information Technology and an MBA in marketing management. In addition, I always maintain California Food Manager License and Certification. I completed my MBA in 2015 and for my final project, I research and wrote a paper regarding the effectiveness of garlic. My research and the marking plan I wrote earned me a selection and entrance in NSLS or The National Society of Leadership and Success. You can say I am a Holistic Health Expert because I spend my spare times learning about various food benefits and how to keep my body and mind healthy. I have been pickling garlic for over twenty-five years. I have had the pleasure to help many friends, co-workers, and neighbors with my great product, and many are consuming this wonderful God given herb. Consuming super-food is what I desire the most.

What is Holistic Food?

Dear readers, Holistic Food is all about eating healthy food and keeping a healthy diet as close to the natural state as possible to provide your body optimum health and promote a feeling of well-being. To

this end, you should eat food with powerful nutritional value to treat various health concerns. As the world saying goes, we are what we eat. If you eat foods that are deprived of nutritional value, you will not be feeling great, indeed, you are helping the destruction of your body cells. Garlic has been used to treat multiple health conditions for as long as human civilization has existed. Garlic is one of the most researched herbs on our planet. Our ancestors have used garlic for the last four to five thousand years. Garlic treatments include bacteria, viruses of all kinds which are invading our body daily. During World War I, and World War II, soldiers were giving garlic to carry in their pockets as first aid.

Prior to the discovery of antibiotics, garlic was the most effective way for treating infection. The use and treatment of garlic for infection disappeared when the pharmaceutical companies were able to replicate and chemically build pills and medication that almost brings the benefits and healing power of this super-food. Of course, as you might be aware, the overuse of antibiotics has created anti bacteria resistant to the point that antibiotics are no longer an effective treatment for bacteria. In addition, antibiotics only treat bacteria and cannot treat any viruses. Garlic treats bacteria and viruses.

Your body immunity starts with your gut what you eat determines how healthy your gut is. If you eat food that is deprived in nutritional value, your body is not able to build immunity cells thus causing weakness and make you suitable to various diseases.

My philosophy is simple; eat foods that are super-food with the highest level of nutritional value. The key is prevention, preventing your body from sickness and keeping your body strong. Think of your body cells like an army of soldiers and you are in- charge of those soldiers. Your body is the base to host those soldiers. The more you protect your soldiers and provide good training to them the better they can protect you when the enemy hits. If you do not have enough strong soldiers and the enemy hits you, then the damage is extensive. The better soldiers you have in your army, the more protection you have in order to fight invading diseases. Our body is capable of healing itself if we can provide a clean and safe environment for the body to thrive. Having millions of immunity cells is the difference between life and death the more cells mean your body can use those cells to fight off external attacks. The healthier you become with the more immunity cells.

Garlic treats about a hundred different diseases including but not limited to seasonal bacteria, high blood pressure and more. Make sure you look over our page titled "Benefits of Garlic."

The problem with Garlic

Doctors are recommending to their patients to consume more garlic in their diet, but many people refuse to do so. The main reason being the embarrassing smell you can get by eating garlic. Even when cooked garlic has a strong odor. Another reason is that many people do not take time or have any time to prepare a homemade meal, so they refuse to themselves the healing power of garlic.

Solution

I have been marinating and pickling garlic for over twenty-five years. My family has been pickling various vegetables and herbs for the last one hundred years. I can tell you from my personal experience that I do not get sick often. In fact, I do not get sick when I consume garlic on a regular basis. The process of marinating, pickling and aging the garlic will not only reduce the odor significantly but at the same time it will enhance the benefits of this super-food. The combination of vinegar and garlic creates even a

stronger anti-bacterial, anti-viral, anti-virus product. Vinegar is a cleansing agent and has significant benefits for our body. The two work together to provide your body with what you need to stay healthy. Remember that prevention is the key. Do not wait until you feel ill.

My Recent Experience with Corvid

In the summer of 2022, I had lowered my guard not eating enough garlic. I remember I did not eat my garlic, as I should have. One morning I woke up with massive pain in my legs, sore throat, headache and body ache. I could not breathe. The last time I was sick was in 2013 when I got the flu shot. After getting sick that year three times I decided never again to let anyone influence me to take the flu shot. I kept healthy for many years until I got Covid19. So, story short, when I felt a massive pain, I knew I got Covid19. That early morning, I could not sleep due to the pain, so I got out the bed and immediately started taking several cloves of garlic and I drank a glass of water. Then I went to bed because I felt weakness in my body and could not stay up or sit. In couple of hours after I took the garlic, I felt my sore throat was getting better, so I got up again and ate a bunch more. I also took freshly cut garlic and I swallowed it with a glass of water. Then I went again to bed to sleep more. In the evening, I felt much better and the pain in my body and legs were getting better, so I knew I was up to something. I continued my garlic intake and took more before bedtime and drank lots of water. The next morning, I felt my leg pains were completely gone and I got out the bed feeling much better. I got excited; I knew I stopped the viral infection and the spike of Covid19 protein on its track, so I continued my garlic treatment. After three days, I went to urgent care and my result were positive for Covid19. They offered my Paxlovid, and I said it does not hurt to have it at home, in case my condition gets worse. I got home and researched Paxlovid and read about the dangers and risk and I decided to not take it as I was already better after five days of intense garlic consumption. I read it could cripple my entire immune system, so I did not take it. I continued with garlic, I added ginger, honey, and green tea to my diet. About two more days before I hit seven days of having Covid19, I did a home test, and I came negative. I was overwhelmed and happy. What an experience. Please, consult with your medical doctor about the risks and benefits of this medication. My decision not to take it is based on my own personal belief, and I am not giving any medical advice.

I have been eating my garlic every night since, and I feel that it has helped me detox my body, clear my foggy head, which I had during Covid19. I was Covid free in less than seven days. By eating garlic, I stopped the spike protein of Covid19. I heard from a few more of my customers that they have had their feeling of sickness go away and they feel better after taking pickled garlic clove. My own recent experience made me more determined to continue promoting the use of garlic to everyone. I know that I am not an anti-vaccine some vaccines save lives. I believe every individual should make the choice for themselves and for their family. As for myself, Holistic Eating is my vaccine. I do not like to compromise my God given immunity system, which by far is the greatest part of our entire body.

So, please, consider adding garlic to your daily food intake or at least a few times a week. You need to have garlic in your gut, so that when viruses hit you, your immune system can attack and kill the virus. Be cautious about what you eat, do not eat fast food, there is no nutritional value in fast food. Eat more fruit and vegetables. Try to eat everything raw because cooking your vegetables can decrease the nutritional value. Drink lots of water. If you are a smoker, consider quitting ASAP. Garlic can help you detox your body from nicotine. Do not drink heavily alcoholic beverages, take charge of your health! I

am very confident my product will help you live a healthier life, but of course, it is up to you to decide how to manage and control health threats.

Disclaimer: Our product has not been evaluated by the Food and Drug Administration; our product is not intended to cure or diagnose any illness. Please, talk to your doctor if you have any health concerns or before you start using garlic. People who take blood thinners should seek advice from a health professional before eating garlic.

Thank you and God bless you and your Family!

Alonzo

Reference: Garlic, is it good for you?

<https://www.webmd.com/diet/garlic-good-for-you>