Remedies from God's Book of Nature™

The Midnight Blue Papers

Methods of Treatment

Health Nugget

Using Natural Remedies for Common Ailments

Discussion

In the arena of Medical Missionary work, within the over-arching subject of Natural Remedies, we would like to bring to your attention the use of **Honey Fermented Garlic** (**HFG**). HFG is simply an infusion of raw garlic with raw honey. This pairing takes advantage of the **antimicrobial** and **prebiotic** properties of honey with the **immune-stimulating** compound in the garlic to produce a powerful ***immune system builder***.

When using these methods of treatment, the following statement should be kept in mind. "The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual and to the impatient it seems slow. . . . But in the end it will be found that nature, **untrammeled**, does her work wisely and well." – {*MH 127.3*} "Let food be thy medicine and medicine be thy food." – {*Attributed to Hippocrates*}

As this is not a classroom setting, the information we intend to impart should be considered general in nature. We will field questions, comments, concerns, and/or suggestions after this gathering. *(Please note; from the point of view of Traditional Western Medicine (TWM) and for legal reasons, this information is provided solely for educational purposes and is not intended to diagnose, treat, or cure any disease or disorder.)*

Nutritional Properties and Benefits

As a natural remedy, HFG has been used during the cold and flu season to support the immune system, cardiovascular system, and general digestive health. Please note, this process, known as lactic-acid fermentation, will produce some alcohol as *ethanol*. As this is the result of a natural process, a negligible to very low amount is present in the resulting mixture (well below 2% ABV). As the amount taken daily is minimal, this *should not* be an issue.

Garlic contains **allicin**, a potent immune-stimulating sulfur compound that's activated when it is crushed or fermented. It is the allicin that has been shown in study to help increase circulation and white blood cell counts, and boasts **anti-bacterial**, **anti-fungal**, **anti-protozoal** and **anti-viral** properties. All of these encourage the body to better protect against infections, colds, and the flu. Garlic can improve blood pressure and cholesterol levels, simultaneously reducing the risk of **cardiovascular disease** and events.

As we know, honey is excellent at soothing sore throats and suppressing coughs. It also contains acidic compounds that ferment the garlic safely thereby limiting the growth of harmful bacteria while encouraging beneficial probiotics to form in the stomach. It is highly **antimicrobial** and can help ward off internal pathogens when ingested.

Both garlic and honey both contain **antioxidants** that help reduce inflammation and oxidative stress. The resulting ferment is rich in both pre- and probiotics. Prebiotics interact with the wild yeasts and beneficial bacteria in the garlic to promote a healthy microbiome in the gastro-intestinal tract.

continues on the next page . . .

A Definition of Disease

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. – {*MH 127.1, see also 127.2-4*}

CHayes.MM@gmail.com (213) 422-6212 www.GodMP.info

Methods of Preparation

HFG is really simple and easy to make, and the infusion can last for several years. The list below details what is needed.

Supplies Needed

- A clean and completely dried mason jar; the size (pint, quart, half-gallon) depends upon what volume is desired.
- Concerning the canning lid/band, optionally a fermentation lid can be used. This will reduce human interaction.
- **Fresh**, **raw** garlic cloves; either in bulbs (stored at room temperature) or pre-peeled and packaged (refrigerated).
- **Raw**, **unfiltered** honey, stored at room temperature; contains the wild yeasts and bacteria ***necessary*** for fermentation to occur. It draws out moisture from the garlic and starts fermentation. The process then changes the consistency of the honey and creates probiotics. If the honey does not flow easily, warm it first by placing the jar in a bowl of hot water. The water is heated *solely* from the tap; **do not boil**. Avoid heating the honey directly, as this can destroy some of its medicinal compounds that are needed to complete the ferment.
- Clean knives (Santoku, Nakiri, Chef, Cleaver, Paring, and/or Peeling); clean cutting board (wood or non-porous plastic/composite); clean, terry-cloth tea/hand towel; clean field for the work.

For example, to make a batch using a pint-size jar, approximately **four** (4) large garlic bulbs and 1¼-1½ cups of honey.

Instructions

1) Begin by peeling the cloves of raw garlic; or take the cloves from the packaging, lay each clove on the towel, and allow them to dry to remove the moisture that may be present from refrigeration.
2) Add the peeled cloves to the mason jar; enough to fill the jar to at least **one-half** (½) to **two-thirds** (⅔) full.
3) Pour the honey over the garlic until the level reaches approximately **one-half** (½) to **one inch** below the top of the jar starting **below** the grooves at the neck.
4) Affix the canning lid tightly. Gently rotate the jar to coat the garlic cloves with the honey.
5) Now **loosen** the canning lid **slightly**. This is done so that the gases (CO_2) can escape the jar. If using the fermentation lid, remove the canning lid, and affix the lid as instructed.
6) Set the jar in a cool, dark, place like a cupboard or pantry. If using a canning lid/band, consider putting a towel or plate under it in case honey leaks from the top of the jar. (Optionally, wrap the jar in a tea/hand towel to achieve darkness.)
7) During the **first week** of fermentation, tighten the canning lid, and gently rotate the jar **every day**. Once done, loosen the canning lid/band again. If using the fermentation lid, simply plug the opening with a paper towel or gloved finger to rotate. This helps to prevent mold by coating the cloves that may be floating at the top of the jar.
8) It takes approximately **one month** (30 days) for the garlic to fully ferment. If using the canning lid/band, repeat the process described in *Step 7* **once a week** for the remaining weeks. Then repeat *Step 7* **once a month** until the release of gases is no longer necessary. If using the fermentation lid, this *should not* be necessary.
9) Once the fermentation process is complete, it is recommended to change the lid to a plastic one with a silicone ring (gasket). This will ensure an airtight seal, make any cleaning process easier, and the plastic lid is not susceptible to rust.
10) Do monitor for signs of spoilage. If any signs of mold, or the smell is foul/rancid, **discard the entire batch**.

A demonstration video is available for review from Midwest Meanderings on YouTube.

Recommendations for Practical Use

It is recommended that **one** (1) tablespoon (or soup spoon) of the mixture, and/or **one** (1) full clove, be taken daily. Either as a preventive measure during cold/flu season, or when symptoms of poor immunity are noted. (One may ingest up to three (3) spoonfuls or cloves per day for the alleviation of cold/flu symptoms.) This mixture can be diluted into **eight** ounces (8 oz) of a medicinal (herbal) tea. (As with unmodified honey, HFG is considered safe for children ages ***2*** *years or older*.)

As stated previously, the natural process does produce a low amount of alcohol. It would be best **NOT** to exceed the recommended daily dosage without instruction. This is especially true if other medicines and/or drugs are in use.

Honey Fermented Garlic is a powerful immune system builder with many more benefits than those listed here. As you review this topic, please consider **Exodus 15:26**, **James 1:5**, and **3 John 2**. (See also TBLJ for October 1st.)

We thank you for your time and attention.

Over-All Notes

Freehand Notes

honey Fermented Garlic

1. Honeybee (Apis Mellifera) 2. Umbel Capsule 3. Spathe 4. Beak 5. Opened Flowers 6. Closed Flowers 7. Stem
8. Leaf 9. Scape 10. Garlic Clove 11. Garlic Bulb 12. Roots 13. Peeled Garlic Clove 14. Raw Local Honey (Mel)