

Antiviral Value of Raw Honey and Garlic

Help yourself and family beat the flu season

There are many foods in nature that provide medicinal like capabilities. For the most part a diet filled with plenty of vegetables, fruits, nuts, lentils, beans, and fish will help provide many of the nutrients the body needs to keep itself healthy as well as producing chemicals to better deal with and rid itself of illness and disease. There are also quite a few plants and foods that nature provides that have powerful medicinal properties. I would like to focus on 2 in today's article.

Garlic: garlic is an antimicrobial and has been used medicinally as far back as there are written records. In traditional Chinese medicine garlic was used as a treatment for respiratory and digestive issues.

Excerpt from NIH PMID 32836826: Garlic (*Allium sativum* L.) is a common herb consumed worldwide as functional food and traditional remedy for the prevention of infectious diseases since ancient time. Garlic and its active organosulfur compounds (OSCs) have been reported to alleviate a number of viral infections in pre-clinical and clinical investigations. However, so far no systematic review on its antiviral effects and the underlying molecular mechanisms exists.

Key Findings and conclusions

Pre-clinical data demonstrated that garlic and its OSCs have potential antiviral activity against different human, animal and plant pathogenic viruses through blocking viral entry into host cells, inhibiting viral RNA polymerase, reverse transcriptase, DNA synthesis and immediate-early gene 1(IEG1) transcription, as well as through downregulating the extracellular-signal-regulated kinase (ERK)/mitogen activated protein kinase (MAPK) signaling pathway. The alleviation of viral infection was also shown to link with immunomodulatory effects of garlic and its OSCs. Clinical studies further demonstrated a prophylactic effect of garlic in the prevention of widespread viral infections in humans through enhancing the immune response. This review highlights that garlic possesses significant antiviral activity and can be used prophylactically in the prevention of viral infections.

The above is very exciting to me because of what seems to be a direct correlation in the immune system needing to be modulated (controlled) when a person has the Covid-19 (or its

variants) and has a resulting cytokines storm that damages the lungs and could lead to an infection. So, in a nutshell what I gather from the research on garlic is that not only is it an immune booster it also is an immune modulator (sorta how hydroxychloroquine worked) which helps keep the immune system on track. It also seems to be very helpful in fighting lung infection.

Raw local harvested honey: raw honey has been used in traditional medicine for centuries. Honey has antioxidants, anti-microbial and anti-inflammatory properties which help clear lung congestion. Using raw local honey is important in that it is formulated through usage of local pollen and has a lot of benefit for local conditions (allergies etc.).

We all should appreciate our local raw honey producers and the powerful, natural, good tasting, local medicine that they and their honeybees provide. I was highly impressed my own local provider (Nixon's Fresh Honey) when I visited their operation and watched the production process. You can find them on Facebook. Whether it is Nixon's or someone else, please get from your local provider, (closer is better). These honeybees are gathering and producing this raw medicine from your local environment, which turns it from just good medicine into designer medicine.

Honey has been used in traditional medicine for centuries and is well known for its high health properties in diabetes, nutrition, skin lesions and it even got FDA approval for topical wound treatment in 2007 as the most potent antimicrobial agent. Honey has been previously considered as an alternative for acyclovir in the treatment of herpes simplex virus 1 (so if you have herpes this would be worth a try). Many studies have demonstrated the broad-spectrum antimicrobial effect of honey as an antibacterial, anti-fungal, antiviral. The National Institute for Health and Care Excellence (NICE) and the Public Health England (PHE) guidelines recommended honey as a first line of treatment for acute cough caused by upper respiratory tract infection which is currently a cornerstone symptom in COVID-19 infectious disease.

Excerpt NIH PMID 33363261: In some studies, honey has proved its potency against several RNA and DNA viruses i.e. influenza virus, varicella-zoster virus (VZV), rubella, herpes simplex virus (HSV), and has proved that it can be a potential antiviral agent.

Honey has been reported to have an inhibitory effect on around 60 species of bacteria, some species of fungi and viruses.

There is a lot more research available on the 2 powerful items above (garlic and honey) and I believe it should be a part of our tool chest to help ourselves, family and friends fend off or minimize viruses and infections during flu season and for other viruses.

Fermenting raw garlic and honey:

For a powerful combination mix these 2 together for a fermentation process. The process is easy, you simply peel the raw garlic, put the cloves in a jar and fill the jar with raw local honey. This process will infuse the garlic and honey into each other -creating a delicious combination. Let this combination ferment for 4 weeks and once a day loosen the jar lid a little so the fermenting honey and garlic can burp.

You can eat a honey infused garlic clove and can begin using this after a few days of fermenting (if needed). My recommendation if (you or family member are sick or feeling something coming), I would get a small jar of minced garlic or crush the garlic and mix the honey and garlic and dose with 2 teaspoons a day on an empty stomach.

For more information on this -do an internet search on “fermented honey and garlic.”

We live in a world of viruses and pathogens; when interacting with the world and people we care about our lives will be a constant encounter of things that challenge our immune systems. This is a good thing and just like maintaining an active lifestyle trains the muscles in the way we need to support that lifestyle our immune system is kept strong by exposure. We should not concern ourselves in trying to sanitize the world we live in but rather strengthen our body to fend off foreign invaders. God wasn't playing around when he designed you!

How to: <https://www.alphafoodie.com/fermented-garlic-honey/>

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