

## **LOVE THAT GARLIC**

By Sarah Philipp, Certified Holistic Nutritionist

Garlic is one of the most potent natural medicines in the world. There isn't much it doesn't do! There also aren't many cuisines in the world that don't utilize it. It was given to the slaves who built the pyramids of ancient Egypt, as well as the Olympic athletes of ancient Greece.

Don't get too upset about garlic breath. It's the stinkiness that makes it such a powerful antioxidant (not to mention mosquito repellant – seriously). These antioxidants guard against, and even reverse, heart disease and cancer. Garlic also supports the immune system and fights off seasonal allergies.

In addition to the antioxidants, garlic is rich in vitamins and minerals. A few more of the many benefits of garlic include...

- can lower blood pressure
- can function as blood thinner
- can widen arteries
- can prevent colon and stomach cancer
- can stabilize blood sugar by increasing the release of insulin
- can function as antiviral (prevents the cold and flu)
- can fight yeast overgrowth, as well as infections (use topically to treat athletes foot)
- can promote a clear complexion
- can dull tooth aches (press garlic oil or fresh garlic to the tooth and gum)

(This information should not be considered medical advice, if you have any of these conditions and want to use garlic as a home remedy, speak with your healthcare provider to be sure it's right for you.)

Keep your garlic uncovered, away from heat and direct light. Fresh whole bulbs last about two weeks, but only last about a week once broken.

Here is an easy and nutritious way to incorporate a little more garlic into your life, and maybe kill a few vampires. I hope you love this recipe. Substituting cauliflower for potatoes is also a great way to reduce starchy carbohydrates and inflammation.

### **MASHED CAULI-TATOES**

1 head of cauliflower  
1-2 parsnips  
1/4 cup olive oil  
2-3 shallots, minced  
5 garlic cloves, minced  
1/2 cup coconut milk  
Thyme or parsley, to taste  
Sea salt and pepper, to taste

1. Cut the cauliflower and parsnip(s) into one-inch pieces, and steam until tender. Strain, and let cool.
2. Sauté garlic and shallots in half of olive oil.
3. Place cauliflower/parsnip mixture, shallots, garlic, extra olive oil, and coconut milk in food processor. Blend until desired texture.
4. Top with herbs, salt, pepper, and butter/olive oil.

I serve this with gluten-free crackers, avocado, and olives :)

