

HOME GROWN MOMMY

Garlic Oil *from HomeGrownMommy.com*

If you have an earache, garlic oil is a wonderful remedy.

Ingredients:

- 2 T. Extra Virgin Olive Oil
- 1 Clove of fresh garlic

Directions:

1. Bruise the garlic to loosen the paper on the outside. (You can bruise the garlic by giving it one hard whack with the bottom of a cup or glass.)
2. Cut the garlic into just a few large chunks.
3. Put oil in a small pot or skillet and warm over low heat.
4. Place the chunks of garlic into the warmed oil and let it warm for about 5 minutes or so.
5. Strain out the garlic chunks or you can get them out by hand.
6. Pour into a container.
7. For earaches: Put a few drops of warm oil in the ear every two hours.
8. For sore throats: Rub warm oil onto the throat near the jawline where you can feel the swollen glands. Rub very carefully for a full 20 minutes – you want to “milk” the gland of all the toxins.

