

GARLIC & THYME

Heart disorders kill more Irish people prematurely than any disease (45% of premature deaths). They can arise from congenital defects, infection, narrowing of coronary arteries, high blood pressure, or disturbances of heart rhythm. Many people suffer from high blood pressure, circulation problems, varicose veins and ulcers, fluid retention, high cholesterol, and inflamed joints, tissues and muscles. Many people also suffer from chest, sinus and ears problems, caused by excess mucous, mainly caused by diet (Dairy products & sugar) and smoking. Many women also suffer from bacterial or fungal infections of the genito-urinary tract, kidney and bladder infections, cystitis and overgrowth of *Candida albican* fungal infection. A large number of people also have heavy loads of intestinal parasites such as pin, thread and tape-worms, which leads to nutritional imbalance and mal-absorption of nutrients, vitamins and proteins.

All the above problems and more, can be helped by the simple herbs, **Garlic and Thyme**.

Garlic is better known to people as a culinary Herb, but it has been used for 5, 000 years for many ailments. It will lower blood pressure, cholesterol, and in heart attack patients, reduces the risk of further attacks. It stimulates the immune system and is a strong natural antibiotic that kills many bacteria. It will kill fungal infections, clear mucous from the respiratory system. It is a good long-term remedy for cardio-vascular problems and helps avoid arthero-sclerosis, and the risk of thromboses. It will help regulate sugar levels and can be helpful in reducing the risk of late-onset diabetes. Garlic also helps in severe gastro-enteritis, dysentery and infections of all kinds. It will help avoid the common cold and also treat typical; flu symptoms. Applied externally, garlic will help in acne, ringworm, scabies and skin infections.

Thyme, (Old mother Thyme) will help in any infections of the womb, bladder, genital tract. It is a strong and efficient antiseptic against many bacteria. fungi, parasites and will help alleviate menstrual problems.

Working together, Garlic and Thyme are very powerful herbs for many ailments, but they are particularly useful in avoiding some of the above problems if taken as a daily preventative natural and safe medicine. Garlic and Thyme will also help reduce the amount of fluid retained in the body and bring relief in Arthritic and Rheumatic conditions.

If you suffer from any circulatory diseases, adhere to the following guidelines,

DIET to prevent / ease heart disorders.

AVOID Full fat dairy products. Fatty meats. Butter or margarine type spreads.
Too many eggs. Smoking or excess alcohol consumption.

EAT PLENTY Oily Fish (Trout/salmon, sardines, tuna, mackerel, herring.)
Chicken/turkey/game. No Skins (Instead of red meat/beef/pork)
Fresh fruit and vegetables, Brown rice and pulses. Oat Bran.
Substitute Extra Virgin Olive oil for vegetable cooking oils.
Substitute Golden Vale Live spread for other bread spreads.

LIFESTYLE: Take regular exercise, employ stress release techniques.

Take 1 Garlic & Thyme capsule three times a day :

If you suffer from any joint or tissue inflammatory diseases, adhere to the following guidelines,

DIET to prevent / joint or inflammatory tissue disease

AVOID Full fat dairy products. Fatty meats. Butter or margarine type spreads.
Smoking or excess alcohol consumption.
Also eat less of members of the Nightshade family. (Tomatoes, Peppers, Nicotine, Potatoes, Aubergine)

EAT PLENTY Oily Fish (Trout/salmon, sardines, tuna, mackerel, herring.)
Chicken/turkey/game. No Skins (Instead of red meat/beef/pork)
Fresh fruit and vegetables, Brown rice and pulses. Oat Bran.
Substitute Extra Virgin Olive oil for vegetable cooking oils.
Substitute Golden Vale Live spread for other bread spreads.

LIFESTYLE: GENTLY exercise joints, employ stress release techniques.

Take one Garlic & Thyme Capsule three times a day. Take Honey / Cider Vinegar / Hot water each night.