

How to treat flu with garlic effectively does not require medication

Please refer to how to cure flu in garlic effectively without using the medicine below!

When flu-like symptoms appear, you may think that there is nothing you can do to prevent the disease effectively. To effectively prevent and treat flu, especially in the cold season, you need to follow some eating and hygiene rules every day. In addition, adding garlic to your diet can help you improve your immune system and reduce the spread of the disease. " *Treatment* " may sound a bit exaggerated, but you can use garlic to get through the flu quickly and feel less uncomfortable!

Method 1: Use garlic to reduce flu symptoms

1. Find out if garlic helps reduce flu symptoms?



A recent study demonstrated garlic's effect on 146 people over a 3-month period. People who drink garlic tablets have 24 times the symptoms of flu, compared with 65 times in people who do not use garlic. In addition, flu symptoms in people using garlic also shortened 1 day compared to the rest.

1. In another study, garlic users often developed fewer flu symptoms and felt better sooner. This is probably due to the increase of immune cells in people who drink 2.56 grams of garlic daily.
2. Most researchers believe that allicins, the sulfur compound in garlic, are effective against common colds. In addition, a number of other elements in garlic such as saponins and amino acid derivatives are also thought to play a role in reducing viral load, but their mechanism of action is still unknown.

2. Deal with garlic smell



Many people may be afraid to smell garlic, but the substances believed to work **against flu viruses** are also odorants. So, to help relieve the flu symptoms, you need to deal with garlic smell.

1. When you have a flu, you should stay home from school, work and stay away from people. You should also rest and drink lots of fluids. This means that while garlic is smelly, most of the time you are only with your loved one, it seems that the price is too good to heal with less symptoms, right?

3. Eat raw garlic



Start eating raw garlic if possible. Peel off the garlic and use a garlic press or knife to smash the garlic. After **3-4 hours, eat about 1 branch of raw garlic** .

1. If you don't like garlic smell, you can reduce the garlic smell by mixing it with orange juice.
2. Or you can add garlic and lemon juice. Add garlic to a mixture of 2 tablespoons of lemon juice and 180 - 240 ml of water and stir well.
3. In addition, raw garlic can also be combined with honey water. Honey has both antibacterial and antiviral properties. Add 1-2 tablespoons of honey to 180-240 ml of water and stir well.

4. Use garlic when cooking



Although raw garlic works best, cooked garlic also contains **allicins that** are thought to be effective against flu. Peel and crush or chop a few cloves of garlic to stand for about 15 minutes for the enzyme to " *activate* " the allicins in garlic.

1. Use 2-3 garlic branches every meal when you have the flu. If you snack, you should add minced garlic / crushed on gravy or vegetable juice and heat as usual. If you eat normally, try cooking garlic together with vegetables or adding garlic to rice when cooking.
2. You can also add minced garlic / crushed on tomato sauce or cheese sauce when you feel better. Rub garlic minced / crushed into meat and cooked as usual.

5. Mix garlic tea



Hot drinks can **help reduce congestion** . First, boil 3 cloves of garlic (*cut in half*) in 720ml of water. Then turn off the stove, add 120 ml of honey and 120 ml of fresh lemon juice including seeds and lemon peels that are high in vitamin C and antioxidants.

1. Filter again and drink all day.
2. Put the rest in the refrigerator and reheat if necessary.

6. Use garlic as a supplement



This may be the best method for those who hate garlic smell. To relieve flu symptoms, drink 2-3g of garlic a day and divide it into several times.

Method 2: Identify and treat common colds

1. Learn about the common cold



The common cold is caused by a **nasal virus** . **Rhinoviruses** (*the most common type of virus that causes the common cold*) cause upper respiratory infections (*URI*), the most common, and they can also cause lower respiratory infections and sometimes cause pneumonia. The most common rhinoviruses are from March to

October.

1. The incubation period is usually short, only about 12-72 hours after infection. Infection occurs when the distance is relatively close to the person with the flu and the person has a cough or sneeze.

2. Identify symptoms of a common cold



Early symptoms are usually **dry nose and itchy nose** . Burning, itching or throat irritation is also an early symptom of the disease.

1. Next is the runny nose, stuffy nose and sneezing. These symptoms are usually worse in the next 2-3 days compared to the initial symptoms.
2. Nasal fluids are usually clear and liquid, may become thick and yellowish.
3. Other symptoms include headaches or body aches, lacrimation, face and tension due to congestion, loss of taste and taste, coughing or hoarseness, vomiting after coughing, restlessness or restless, may have mild fever, usually in newborns and school-aged children.
4. Common colds can be complicated by ear infections (*otitis media*), sinusitis, chronic bronchitis (*pneumonia accompanied by coughing and congestion*) and aggravated asthma symptoms.

3. Treatment of common colds



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There is currently no cure for common colds. However, you should focus on reducing symptoms including:

1. Rest much.
2. Drink lots of fluids. Liquid may include water, fruit juice, chicken broth and vegetable juice. REAL Chicken Soup is very good for reducing the symptoms of common colds.
3. Rinse warm salt water. Warm salt water will help relieve your throat.
4. Use cough or throat sprays if the coughing spells occur so much that you can't get enough rest.
5. Take flu medicine or pain medicine (over-the-counter). Be sure to follow the instructions on the package.

4. Evaluate the severity of the disease to see a doctor if needed



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Most cases of colds often do not need to see a doctor. However, if you or your child has the following symptoms, call your doctor right away:

1. Fever is higher than 38 degrees C. If a child under 6 months of age has a fever, call a doctor right away. For children of all ages, call your doctor when your child has a fever of 40 degrees or more.
2. Symptoms last more than 10 days
3. Symptoms occur severely and abnormally, for example severe headache, nausea or vomiting, or difficulty breathing.

Refer to some other articles:

1. How to recognize, prevent and treat flu by natural methods
2. How to prevent dizziness and nausea when reading books on the train
3. 4 ways to deal with asthma attacks - bronchial asthma

Having fun!

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