

What is the effect of honey pickled garlic? How to soak garlic with honey

For a long time, garlic and honey have been considered to be the elites that play a huge role in health. So can garlic with honey be combined? What is the effect of honey pickled garlic and how to soak it? Let's go with Quantrimang to find out these issues.

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1. Are garlic and honey together?

In fact, garlic and honey are completely incompatible. In contrast, when combined, they also have many health benefits.

Many people choose to soak garlic with honey to give a special mixture for daily use. Stay tuned to see how to soak garlic with honey.

2. Instructions on how to soak garlic with honey

In order to get a quality honey-soaked garlic mixture, the selection of ingredients is quite important. Garlic cloves used to soak honey must be old garlic, dry, not sprouting, not flat or rotten. Honey must also be pure, not doped.



Ingredients should be prepared to soak garlic with honey

1. 15g garlic
2. 100ml of pure honey
3. 1 glass jar

Depending on the needs of each family, the amount of garlic and honey can increase accordingly.

How to make honey pickled honey

1. Step 1: Peeled garlic cleanly and crushed or chopped. In the case of garlic and sand . you should wash with clean water and then let it dry.
2. Step 2: Put garlic in a glass jar and pour honey into the ratio of 15 grams of garlic: 100ml of honey.
3. Step 3: Close the vial and allow for 2-3 weeks to remove the mixture. After soaking for long storage, put the bottle in the refrigerator.

Note: Glass jar of garlic soaked should be cleaned, dry thoroughly and do not mix a bit of water inside to avoid the mixture is broken.

How to use honey to soak honey?

As recommended by the physician, every day you should only use 15-20 grams of garlic honey or up to 40 grams.

It is best to use them to mix with warm water and to drink in the morning before eating for about 30 minutes.

Note: Try applying it on your hands before applying to your face if you are sensitive

How long is the garlic soaked in honey?

There is no specific time for how long the garlic soaked is for honey. Because of this, it depends greatly on each person's immersion process.

If you make a mistake right from the preparation of the material, the pickled garlic jar may be broken after only a few days.

Normally if stored at room temperature (20-25 °C), cool air, without direct sunlight of the sun, can be kept for about 1 year. If preserved in the refrigerator compartment, the preservation time may be longer.

However, honey soaked in honey for a long time is not as good, so every time you soak you should consider soaking it in a suitable amount and use it for 3 months.

3. What is the use of honey soaked in honey?

Garlic is known to be a spice and also a very close and familiar medicine. Garlic is spicy, temperate, mainly with essential oils, vitamins A, E, B1, B2 . Garlic stimulates digestion, detoxification, sputum elimination, antiseptic .

In Oriental medicine, garlic is used to treat cases of poor digestion, respiratory inflammation, cholera, dysentery, vaginitis due to whip infection, hypertension, and increased blood cholesterol.

Honey is nutritious, sweet, peaceful, not hot. The main ingredient of honey is glucose, fructose and fructo, aromatics, yeast, many vitamins A, B, D, minerals.

In Oriental medicine, honey is supplemented with pepper, made a full body tonic, laxative, antiseptic, treat stomach ulcer, duodenum, bronchitis .



According to the general practitioner Vu Quoc Trung (Traditional Medicine Clinic), garlic and honey have similar effects, when garlic combined with honey will be completely harmless. On the contrary, it offers many unexpected health benefits such as:

1. Healing
2. Beauty skin
3. Improve immune system
4. Improve the health of the brain
5. Weight loss effectively reduces belly fat
6. Prevention of cancer .

4. What is the honey-soaked garlic?

A round number of uses of honey soaked in honey is cure. Here are some common diseases that can use honey-soaked garlic to treat:

Cure sinusitis, rhinitis:

Thanks to its powerful antioxidant properties and the ability to kill harmful bacteria, honey-soaked garlic can cure rhinitis and sinusitis.

Just a spoonful of honey soaked in garlic will help cure the infection of both the nose and throat and raise the strength to resist the child

Cure stomach disease:

Honey-soaked garlic is considered an effective remedy to prevent and treat stomach diseases for humans. Using this mixture shortly before each meal with abstaining from some hot spicy food, many people have stopped persistent stomach pains.

Cure high blood pressure:

High blood pressure is the leading cause of some health problems such as headaches, fatigue, cardiovascular problems, strokes, .

Doctors recommend that high blood pressure patients should use garlic and honey powder mixes daily to enhance blood circulation and stabilize blood pressure.

Cure diabetes:

At first it sounds a bit hard to believe, because honey tastes very sweet. However, this has been proved by scientists. A mixture of honey soaked in garlic contributes to increased levels of insulin secretion to regulate blood sugar levels for diabetics.

In addition, it provides a natural, safe and benign sweetener for diabetics.

5. Who should not use honey-soaked garlic?

Honey pickled garlic is a golden mixture that helps protect health, prevent disease, increase resistance. However, not everyone can use them. Here are some cases where honey honey should not be used:

1. Children under 1 year of age: For children 1 year old, experts recommend not to use honey, so this mixture should not be used for babies under 1 year old.
2. Pregnant
3. Weak belly
4. People react to garlic or honey.

Above is a summary of the knowledge about honey soaked honey. Save and use this marriage properly so it always works. Good luck!

>>> More references:

1. What effect does black garlic eat? How to eat black garlic to be effective
2. Without black garlic, eat 6 grilled garlic cloves every day you will be surprised with the results received

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