Garlic: An Effective Alternative to Tamiflu

Understanding Tamiflu

Natural remedies for fighting colds, flus, and other infections have existed for centuries. The flu is an unfortunate illness that affects 5 to 20% of U.S. residents each year. The flu season peaks annually in January or February. However, the flu season runs from as early as October to as late as May. Individuals especially at risk are children and seniors, but everyone is susceptible to the virus. The flu virus is very contagious; it can spread from human contact or from touching infected objects. Tamiflu is a prescription medication for people who experience flu symptoms for at least two days. Tamiflu is also claimed to prevent flu infection. The common side effects of Tamiflu include nausea, vomiting, and allergic reactions.  
  
  
  
Garlic Alternative  
  
Natural alternative medicine is the practice of treating an illness without the use of drugs. Natural therapies are time-tested to be effective against certain illnesses. Many alternative treatments are safe with no side effects and comprise natural substances instead of synthetic substances. Natural alternative medicines can often be used in conjunction with drugs, but it is important to ask one’s doctor first because some substances can alter the metabolism of a drug. Garlic is an effective and safe treatment for the flu. A resistance to garlic cannot be developed. Viral pathogens often evolve around a drug, but a natural substance is more likely to be effective over the long term. Natural substances contain more biochemicals, which present a complexity that makes it difficult for a virus to resist. Allicin is the most well-known active component in garlic. There are more than 100 other biological compounds in garlic that contribute to wellness.   
  
  
  
Evidence of Garlic’s Therapeutic Value  
  
Garlic is noted for its strong anti-fungal abilities and anti-viral properties. Garlic has been used for centuries in Asia for its medicinal benefits. The earliest known use of garlic as a natural medication was 5,000 years ago by ancient Egyptians. The immune system benefits of garlic have been touted in western medicine and researched by many academic scientists. The University of Alabama completed a study that concluded garlic is effective in lowering blood pressure and preventing heart disease. Garlic is known to have blood thinning effects which can be beneficial to avoiding blood clots. In vitro studies, garlic has been found to have antiviral effects.   
  
  
  
Using the Natural Choice  
  
When treating flu symptoms or other illnesses with garlic, it is necessary to use whole fresh garlic. Fresh garlic can be found in most grocery stores in the produce section. Canned minced garlic and dry garlic spice should be avoided. These forms of garlic have been modified, therefore reducing their health benefits and ability to aid in fighting against illness. At least two whole cloves of garlic should be consumed daily to combat flu symptoms. The cloves should be cut into fine pieces and either eaten on a piece of food or dropped into tea. Honey and lemon juice can be added to the tea to complement the flavor. Although Tamiflu is a highly publicized form of flu treatment and prevention, garlic may prove to be more effective with fewer side effects and natural benefits.  
  
  
  
References  
  
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