Garlic Oil



Use four cloves of garlic for every 1/4 cup of olive oil, make sure the garlic you choose is organic or from your garden. Combine olive oil and minced garlic in a saucepan and heat over very low for 15 minutes, watch it and make sure to not burn the oil or garlic. I have a warm zone setting on my oven range that works perfect for the safe infusing of herbs in oil. Remove from the heat and cover until cooled. Strain the garlic from the oil. Keep refrigerated, where it should last for a couple of months, warm before each use.

Option: Fill a pint jar 1/2 full of fresh minced garlic, pour olive oil over the garlic and up to 1" from the top. Place a lid on and let sit for 3 days. Strain the garlic and pour the oil into a clean jar.

USES

Due to its antibiotic properties garlic oil is a wonderful help for ear infections. I have used it successfully time and again. Use 4-5 drops of warmed garlic oil in each ear, every hour.

The oil can also be massaged into the chest for respiratory conditions and/or the bottoms of the feet for any ailment.



