GRANDMA'S REMEDIES

# Garlic Oil: Amazing Natural Remedy that Relieves Joint & Back Pain

By bestfolkmedicine · 06/04/2019 · 1 min read



*Nowadays, due to lack of physical activity, prolonged sitting, etc. a lot of people deal with back and joint ache. As a result, they reach for a lot of pain relieving meds; however, the problem with these meds is that they come with serious side effects.*

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*This being said, it is good to know that there are potent natural remedies that you can use to alleviate this common aches. One such remedy is garlic oil. It will decrease your joint ache and discomfort and heal your back. This is believed to be a result of the selenium present in it as well as other important nutrients like thiacremonone.*

*This compound is known to impede inflammatory responses in the body and thus, it is a potentially beneficial agent for inflammatory and arthritis illnesses. If you want to try it out for yourself, continue reading our article to check out the recipe.*

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**DIY Garlic Oil Remedy**

You will need:

400 grams of organic garlic

A liter of virgin olive oil

A jar

A glass bottle

Preparation: First, peel the garlic and then chop it into smaller pieces. Add the pieces into the jar together with the oil and close it well. Leave it in a dark and room-temperature area for 2 weeks. Shake it on a daily basis. After two weeks, strain the mixture through 4 layers of gauze into a proper container.

Use: Apply several drops of the oil and massage the painful areas with it. Then, wrap them with a plastic bag and a towel to keep the area warm. Repeat the therapy regularly for a period of two months.

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Sources:

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