GRANDMA'S REMEDIES

The Amazing Garlic Milk: Our Grandmas' Home Remedy that Relieves Inflammation & Viruses

By bestfolkmedicine · 10/03/2021 · 2 min read



Although it might sound like something you would never try, garlic milk seems to be the new healing drink that nutritionists swear by.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

It's claimed to help with a long list of health problems, including asthma, high cholesterol, inflammation, and more.

It's a drink abundant in some stunning nutrients such as enzymes, flavonoids, and vitamins. You may remember this drink as the drink your mom gave you when you had the flu or a cold.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
Since it's believed to strengthen the immunity, many families are still consuming it regularly. And, with the expansion of people's awareness to lead a healthier diet, a lot of individuals are also drinking it as a preventive measure.

Could Garlic Milk Be the Secret to less Back Ache?

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Since garlic has anti-inflammatory properties, people with sciatica often use this remedy to relieve ache.

And, combined with the nutrients in milk, it may also better your bone health, lower your blood pressure, and decrease your risk of heart disease.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
All Ayurveda note that consuming this beverage may also help relieve acne, reduce bloating and constipation, and speed up the recovery from colds and the flu.

In only 15 minutes, you can easily prep this praised remedy and start reaping its benefits today!

Homemade Garlic Milk Recipe

You'll need:

200 ml of milk

2 tbsp of honey

A clove of garlic

A tsp of unsalted butter

Prep:

Put the butter into the milk and warm it up slightly just so that the butter melts. Then, put it aside and wait for the milk to cool down a bit.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

In the meantime, peel and mince the garlic clove and set it aside for 5 minutes so that the allicin is activated (its antibacterial compound).

Then, add it to the glass of milk. Add the honey too and mix.

Drink right away!

Sources:

HEALTHY FOOD HOUSE

SO YUMMY

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