



Da Vinci Holistic Health Centre

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GARLIC DETOX

This is a very powerful detox (only to be repeated every 5 years) for the alleviation of cardiovascular disease, as well as the overall improvement of health and the strengthening of the immune system. The therapy was found in scripts of old from a Buddhist monastery in Tibet.

Preparation

Take 350 grams (about 10 whole large bulbs) of fresh garlic, peel and chop into small pieces. Place these in a glass container with a sealed lid, and add ½ litre (500cc) of 96° pure alcohol, bought from a chemist, or good strong Zivania. Shake well, seal the container with a lid and place in the refrigerator for 10 days. Shake a couple of times per day.

After 10 days, take the container and strain the contents using a funnel with a stocking, removing as much of the clear liquid (tincture) as you can. Place this back in the container and put back in the fridge for a further 2 days. Discard the bits of garlic into the waste.

Dosage

After 2 days, you may take the tincture in a little fruit or vegetable juice as follows (using a dropper):

	<u>No. of Drops</u>		
	Morning	Lunch	Dinner
Day 1	1	2	3
Day 2	4	5	6
Day 3	7	8	9
Day 4	10	11	12
Day 5	13	14	15
Day 6	15	14	13
Day 7	12	11	10
Day 8	9	8	7
Day 9	6	5	4
Day 10	3	2	1
Day 11	25	25	25
Day 12	25	25	25

Continue taking the garlic tincture at 25 drops 3 times daily until the tincture finishes