

I do garlic the quick and easy way. With a mouthful of food, I pop a clove of raw garlic several times during each meal. I always chew the mouthful thoroughly to ensure that my body maximally absorbs the garlic. JD

Combating Ebola with Iodine+Garlic(raw)+VitaminC

[http://www.awarenessmag.com/marapr9/MA9\\_VIRU.HTML](http://www.awarenessmag.com/marapr9/MA9_VIRU.HTML)

"Iodine can be very effective against a host of viral infections . . . .

Though it kills 90 percent of bacteria on the skin within 90 seconds, its use as an antibiotic has been ignored. Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many \*viruses\*; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing all classes of pathogens: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa.

Most bacteria are killed within 15 to 30 seconds of contact. . . . .

'Iodine is by far the best antibiotic, antiviral and antiseptic of all time' - Dr. David Derry"

[http://www.naturalnews.com/022800\\_antibiotic\\_antibiotics\\_infection.html](http://www.naturalnews.com/022800_antibiotic_antibiotics_infection.html)

"Combat Ebola with Vitamin C," Health Authority Advises

<https://www.patrickholford.com/blog/vitamin-c-helpful-against-ebola>