



I prescribe this soup a lot during cold and flu season. Garlic has been shown to have anti-bacterial, anti-viral, anti-fungal and anti-parasitic properties, so it helps with any kind of infection. It contains allicin, which helps thin mucous. Other active constituents in garlic also are very active against free radicals, which can be very damaging to the respiratory tract. This is a very pungent soup, and may be a little strong for kids. A great option for them is to sauté an onion and several gloves of garlic with a little water and honey to make a syrupy slurry. Tastes yummy and has all the beneficial healing effects of the garlic and onion.

DR. ZIMENT'S PRESCRIPTION GARLIC SOUP FOR COLDS & COUGHS¹

Ingredients:

28 ounces chicken broth or vegetable broth
1 bulb garlic (about 15 cloves)
5 sprigs parsley, minced
6 sprigs cilantro, minced
1 teaspoon lemon pepper (natural, salt-free or low-sodium brand)
1 teaspoon minced mint leaves
1 teaspoon minced sweet basil leaves
1 teaspoon curry powder

Directions: Peel the garlic cloves, and place with the other ingredients in a pan without a lid. Boil, then simmer for about 30 minutes. Then pour through a fine water filter or cheese cloth to remove the solid contents. Or, the garlic and herbs can be minced up finely and left in the soup. I like to add chard, kale, celery and carrots and make a more substantial soup. But if appetite is low, go for the strained soup.

Instructions for use: The fumes of the boiling soup and its constituents can be inhaled during its preparation. The soup and its constituents can be divided into 4-8 equal portions, each of which should be taken at the beginning of a meal, one to three times a day. You are encouraged to add additional ingredients (for example carrots, bay leaves, chili pepper flakes) to taste. A more dilute preparation may be preferred, both personally and socially, until you adapt to this therapy.

¹Jean Carper. *The Food Pharmacy*. Bantam Books. New York, 1988. P. 48.