

Garlic (*Allium sativum*)



Other names: Allium, Allium sativum, Garlic clove.

Origin: Garlic is believed to be a native of central Asia, South Asia or southwestern Siberia. There is some debate over the origin of this herb.

Element: Fire

Gender: Masculine

Planet: Mars

Zodiac: Aries

Magical Properties

Repel negativity: Garlic wards off all negativity, keeping away thieves and all evil. Place it near the doors or windows to repel envious people. To bless a new home, place garlic in every corner of the house.

Garlic was traditionally eaten during festivals dedicated to Hecate. Leave a clove of garlic at a crossroads as an offering to her. Ancient Roman soldiers would eat garlic before battle to give them strength and courage. A clove of garlic strengthens the energy of mojo bags.

Medicinal Properties

Protects the Heart: Garlic oil contains a component called diallyl trisulfide that helps to protect the heart both during surgery and after a heart attack. Garlic oil reduces damage caused by heart attacks.

Antibacterial: Garlic concentrate is effective against bacteria. You may be able to make your own by soaking a few garlic cloves in olive oil.

Contraindications: *If taking Warfarin, consult a doctor before taking garlic supplements. Garlic can trigger allergic reactions and increase asthma symptoms in some people.*