Elm trees are native to the Appalachian Mountains of eastern North America. Elm was used by colonists to make pudding, to thicken jelly, to preserve grease, and as a survival food on long trips. It was used medicinally to treat toothaches, skin injuries, gout, arthritis, stomach aches, intestinal worms, and coughs.

**Uses and Indications**
Slippery elm is used to relieve gastrointestinal conditions, sore throats, ulcers, and respiratory irritations today. External uses include treatment of skin conditions, vaginitis, and hemorrhoids. It can be used as a cough medicine or as a skin smoother and softener.

**Dosage and Administration**
500 mg capsules can be taken three times daily by adults. A decoction can be ingested with 4 to 16 ml three times daily, 5 to 20 ml one part to ten parts water taken as needed, or one part slippery elm powder from bark to eight parts water. It can also be added to oatmeal or juice. An infusion is recommended for nutritional supplementation; add 4 g of powdered bark to 500 ml of boiling water and take three times daily. For a poultice, add coarse powdered bark to boiling water. Apply topically. Find the correct dose for a child by using their weight. Herbal dosages are generally calculated for a 150 lb adult. If a child weighs 50 lb, the correct dose is 1/3 of the adult dosage. Do not use herbal product on children before talking to their physician. The same is recommended for adult usage.

**The Miracle of Garlic**
Garlic has been used for many years to prevent health problems including colds, flu, menstrual pain, high blood pressure, coughs, gastrointestinal problems, atherosclerosis, and bronchitis. Garlic has been proven to kill various fungal infections, viruses, bacteria, and intestinal parasites. Also labeled as an antioxidant, garlic may help prevent certain cancers such as colon cancer and can improve the effectiveness of the immune system. Garlic is most popular for its effectiveness of cardiovascular wellness. Garlic is effective treating atherosclerosis, high cholesterol, respiratory infections, and triglyceride levels. Alliin is the primary ingredient found in garlic. This chemical is similar chemically to cysteine, an amino acid containing sulfur, and possesses no odor. After garlic is crushed, alliin is converted into allicin, the compound that gives garlic its strong smell and numerous health benefits.

**Side Effects and Possible Interactions**
Garlic supplements are said to have no side effects other than the strong odor.
The combination of using garlic and warfarin may result in a greater risk of bleeding. Large doses of garlic should not be ingested when using warfarin, indomethacin, dipyridamole, aspirin, or other medications that thin the blood.

**Dosage and Administration**
Garlic is most commonly taken daily in capsule form containing between 1000 and 3000 mg. 0.03 to 0.12 mL of garlic oil can be taken three times a day.