

## **GARLIC - TOXIC SHOCK!**

The reason garlic is so toxic, the sulphone hydroxyl ion penetrates the blood-brain barrier, just like DMSO, and is a specific poison for higher-life forms and brain cells. We discovered this, much to our horror, when I (Bob Beck, DSc) was the world's largest manufacturer of ethical EEG feedback equipment.

We'd have people come back from lunch that looked clinically dead on an encephalograph, which we used to?" "Well, I went to an Italian restaurant and there was some garlic in my salad dressing!" So we had them sign things that they wouldn't touch garlic before classes or we were wasting their time, their money and my time.

I guess some of you who are pilots or have been in flight tests...I was in flight test engineering in Doc Hallan's group in the 1950's. The flight surgeon would come around every month and remind all of us: "Don't you dare touch any garlic 72 hours before you fly one of our airplanes, because it'll double or triple your reaction time. You're three times slower than you would be if you'd not had a few drops of garlic."

Well, we didn't know why for 20 years later, until I owned the Alpha-Metrics Corporation. We were building biofeed-back equipment and found out that garlic usually desynchronizes your brain waves.

So I funded a study at Stanford and, sure enough, they found that it's a poison. You can rub a clove of garlic on your foot - a you can smell it shortly later on your wrists. So it penetrates the body. This is why DMSO smells a lot like garlic: that sulphone hydroxyl ion penetrates all the barriers including the corpus callosum in the brain.

Any of you who are organic gardeners know that if you don't want to use DDT, garlic will kill anything in the way of insects.

Now, most people have heard most of their lives garlic is good for you, and we put those people in the same class of ignorance as the mothers who at the turn of the century would buy morphine sulphate in the drugstore and give it to their babies to put'em to sleep.

If you have any patients who have low-grade headaches or attention deficit disorder, they can't quite focus on the computer in the after-noon, just do an experiment - you owe it to yourselves. Take these people off garlic and see how much better they get, very very shortly. And then let them eat a little garlic after about three weeks. They'll say "MymGod, I had no idea that this was the cause of our problems." And this includes the d e-skunked garlic's, Kyolic, some of the other products.

Very unpopular, but I've got to tell you the truth.

Source: From a lecture by Dr. Robert C Beck, DSc, given at the Whole Life Expo, Seattle, WA, USA, in March 1996, Nexus Magazine.