

## Garlic Can Relieve Rhinitis

Although rhinitis is not a serious illness, it has been a long-term problem for patients. When rhinitis attacks, she will have a snotty nose and sneeze, just like a cold patient. Now let me introduce a small recipe for alleviating rhinitis by taking 3-4 pieces of garlic, smashing it, wrapping it with gauze, and taking the juice. Take 2 times more honey than garlic juice and stir. Use a gauze or paper towel to dip a little of the mixed mixture into the nostrils.

Professor Yang Li of the Chinese Academy of Chinese Medical Sciences commented: Garlic can kill sterilization, honey is cold, can clear heat and enter the lungs, can eliminate evil and detoxification, anti-allergy, and enhance immunity. This side is particularly effective for allergic rhinitis. This method is used when rhinitis attacks, it will be a bit hot and tingling at first, and it can be relieved after a while. Be careful not to choose too spicy garlic. Use once a day in the morning and evening, 5 days a course of treatment, severe cases can moderately extend the course of treatment.

[Chinese garlic suppliers](#) provide reasonable [China garlic price](#) and high quality garlic for consumers all over the world. Eating garlic scientifically helps us keep healthy.