

## Garlic Tea (for Ear Infection Support)

### Ingredients

- 1 clove garlic, peeled and crushed
- 1 cup hot water
- Optional: ½ teaspoon honey for taste

### Instructions

1. Crush garlic to release allicin (the active compound).
2. Place in a cup and pour hot water over it.
3. Steep 5–7 minutes.
4. Strain well to remove garlic pieces.
5. Drink warm.

### Benefits

- Garlic is a natural antibiotic and antiviral.
- Helps strengthen the immune system.
- Supports the body in fighting infections, including those linked to ears.

### Warnings

- Strong flavor; may irritate stomach if empty.

- Tea supports immunity but does not replace antibiotics if needed.
- Always see a doctor if ear infection has fever, severe pain, or drainage.