**Creamy Garlic Pasta**

**Serves 4-5**

**Ingredients:**

* 2 tsp olive oil
* 4 cloves garlic, minced
* 2 tbsp butter
* ¼  tsp salt
* ½ tsp pepper
* 3 cups chicken stock
* ½ lb spaghetti or angel hair pasta
* ¼ cup grated parmesan cheese
* ½ cup heavy cream
* 2 tbsp chopped fresh parsley

**Directions:**

1. In a pot, bring the olive oil to medium-low heat.
2. Add the garlic and stir, allowing it to cook for 1-2 minutes. Mix in the butter until melted.
3. Add the salt, pepper and chicken stock. Raise the heat to high and let it come to a boil.
4. Once it is at a rolling boil, add the pasta and cook for as long as the box’s directions indicate.
5. Reduce the stove to medium heat and mix in the parmesan until completely melted.
6. Turn off the heat and stir in the cream and parsley. Serve immediately.

**Grow beautiful hair with garlic.**

Garlic could end your hair loss problems because of its high levels of allicin, a sulfur compound similar to that found in onions, which were [found to effectively treat hair loss](http://www.ncbi.nlm.nih.gov/pubmed/12126069). Rub sliced cloves of garlic on your scalp, squeezing as you go for the most benefit. You can also infuse oil with garlic and massage it into your scalp.

**Garlic clears acne.**

It might not be a main ingredient in your drugstore acne medication, but [garlic makes a great natural remedy](http://www.livestrong.com/article/100740-adult-acne-garlic/) to banish unsightly blemishes. Its [antioxidants](http://www.sciencedaily.com/releases/2009/01/090130154901.htm) kill bacteria, so rub a sliced clove of garlic on the pimple for an effective topical treatment.

**Garlic prevents and treats colds.**

Packed with antioxidants, your immune system could benefit if you give it a [constant boost](http://news.bbc.co.uk/2/hi/health/1575505.stm) of powerful garlic in daily recipes. If a cold does sneak by, try [sipping garlic tea](http://www.ehow.com/how_2119607_use-garlic-treat-coughs.html): steep chopped or minced garlic in hot water for several minutes, then strain and drink. You can add a bit of honey or ginger to improve the taste.

**Soothe psoriasis with garlic.**

Since garlic has [proven anti-inflammatory properties](http://www.ncbi.nlm.nih.gov/pubmed/23057778), it could be useful in relieving uncomfortable psoriasis outbreaks. Try rubbing a little garlic oil on the affected area for smooth, rash-free skin.

**Control your weight with garlic.**

Garlic could help you control your weight, according to [nutritionist Cynthia Sass](http://www.shape.com/blogs/weight-loss-coach/garlic-may-help-you-lose-weight-study-says), who cites a study that showed mice eating a garlic-rich diet reduced their weight and fat stores. Try to cook with garlic daily for tasty and waist-friendly meals.

**Remove a splinter with garlic.**

Placing a slice of garlic over the sliver and covering it with a bandage or duct tape has been a folk cure for years. As natural remedies gain in popularity, current [bloggers](http://www.almanac.com/blog/natural-health-home-tips/splinter-removal-one-more-use-raw-garlic) swear this one works.

**Treat athlete's foot with garlic.**

With its [anti-fungal properties](http://www.umm.edu/altmed/articles/garlic-000245.htm), garlic could be a good way to get rid of itchy athlete's foot. [Soak your feet](http://www.care2.com/greenliving/12-surprising-uses-for-garlic.html?page=1) in a bath of warm water and crushed garlic.

**Keep away mosquitoes with garlic.**

Scientists aren't sure why, but mosquitoes don't seem to like garlic. One [study in India](http://www.ext.colostate.edu/safefood/newsltr/v8n1s07.html)found that people who rubbed a garlicky concoction on their arms and legs weren't bothered by the pesky buggers. Make a solution of garlic oil, petroleum jelly, and beeswax for a natural repellant or [place cloves of garlic](http://lifehackery.com/2008/07/21/home-3/) nearby.

**Garlic conquers cold sores.**

A popular [cold sore home remedy](http://daughterson.hubpages.com/hub/Wipe-out-cold-sores-with-this-home-remedy) involves holding a bit of crushed garlic directly on the cold sore; its natural anti-inflammatory properties could help reduce pain and swelling. Garlic supplements may also speed up the healing process, according to [ecosalon.com](http://ecosalon.com/20-unusual-uses-for-garlic/).

**Garlic works as a natural glue.**

Have you ever noticed how sticky your fingers get after chopping garlic? That natural adhesive quality is why some people swear by garlic to [fix hairline cracks in glass](http://www.care2.com/greenliving/12-surprising-uses-for-garlic.html?page=3). Crush some cloves and rub the juice on the crack, wiping away any excess.

**De-ice your sidewalk with garlic.**

A [town in Iowa](http://www.katu.com/home/video/36304849.html?video=pop&t=a) used donated garlic salt to remove ice from roadways. Next time you stumble on old garlic salt in the back of your spice cabinet, save it for an icy walkway.

**Protect plants with garlic.**

Garden pests don't like garlic, so [make a natural pesticide](http://www.katu.com/home/video/36304849.html?video=pop&t=a) using garlic, mineral oil, water, and liquid soap. Pour into a spray bottle and mist your plants to keep away destructive critters.

**Catch more fish with garlic.**

Fish are so attracted to the scent of garlic that you can buy bait with the smell built in. Or, [make your own](http://www.trails.com/how_32889_garlic-fish-bait.html)using food scraps and, of course, plenty of cloves.