



Health Benefits

Nature has gifted us lots of things to keep our self healthy. One of those gifts is Garlic. There are lots of saying & proverbs such as **Garlic is as good as 10 mothers & Garlic a day keep sickness at bay**. Moreover, it is regarded as a miracle by naturopaths & herbalists. Various researches have proved it that Garlic is good for health and is beneficial in curing various health problems.

The garlic clove contains various nutrients as water soluble nutrients include vitamins, enzymes, amino acids and natural sugars & oil soluble nutrients includes sulphur compounds originating from an amino acid named alliin which is converted to a pungent compound called allicin which has natural antibiotic properties. Presence of sulphur in garlic is the cause of its pungent smell. However, the quality of Garlic cannot be over hidden due to this smell. In several scientific studies it has been found that:

Garlic Medicinal Uses

- Garlic acts as an antiseptic & helps in curing the wounds very quickly.
- One of the health benefits of garlic is that it helps in fighting against various infection & acts against inflammation and infection, including colds, coughs by adding a freshly cut raw clove to food three times a day or take kyolic garlic capsules but raw is always best.
- In certain studies in China it has been shown that it contains chemicals that prevent cancer. They suggest that eating garlic on regular basis provides some protection against cancer.
- Fresh or cooked garlic or 500 mg garlic capsules twice daily helps in lowers down the blood pressure & cardiovascular problems. It increases the levels of high density lipoproteins & reduces harmful cholesterol in the blood & keeps arteries and heart healthy.
- It thins the blood, reduces clotting and helps in controlling blood pressure and poor circulation.
- Garlic stimulates the immune system of body & helps in fighting against various diseases.
- Prevents & relieves chronic bronchitis, respiratory problems, and catarrh.
- It acts as a nasal decongestant & expectorant.
- It is also helpful for hum oral asthma, hysteria, dropsy & scurvy.
- Garlic works as a cleanser of the digestive system, helps in curing flatulence, kills internal parasites and is an excellent internal antiseptic.
- Researcher recommends daily dose of fresh garlic of about 4 gm, equivalent to one or two small cloves for each & every person who wants to keep himself healthy.