

GARLIC

TIPS

Compiled by

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IMPORTANT

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Introduction

*"Oh, that miracle clove! Not only does garlic taste good, it cures baldness and tennis elbow, too."
(Laurie Burrows Grad)*

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Health Benefits of Garlic

The health benefits of garlic include:

- A compound in garlic called ajoene is a natural antioxidant that has anti-clotting abilities, thus helping in the prevention of heart disease and strokes.
- Ajoene has also been shown to stop the spread of skin cancer cells when applied topically.
- Compounds in garlic have been shown to prevent prostate cancer.
- Garlic may protect against colon cancer by protecting colon cells from toxins and inhibiting the growth of cancer cells if they do develop. The selenium and vitamin C found in garlic are also known to protect against colon cancer.
- Research suggests garlic may decrease the ability of H. pylori to cause ulcers and stomach cancer.
- Research has shown that cooking garlic with meat reduces carcinogenic chemicals in cooked meat that are believed to be linked to breast cancer in meat-eating women.
- The allicin in garlic has been shown in some studies to promote weight loss in rats.
- The allicin in garlic has been shown to lower blood pressure.

- Garlic has been proven to lower LDL (bad) cholesterol and raise HDL (good) cholesterol.
- Garlic has been shown to reduce the carcinogenic effects of asbestos exposure.
- Garlic fights free radicals.
- Garlic has been shown to reduce inflammation and pain in the body, making it beneficial for people with osteoarthritis and rheumatoid arthritis.
- Cold and flu prevention - because of its antiviral and antibacterial properties as well as its vitamin C content, garlic is a powerful agent against the common cold as well as the flu.
- Garlic has been shown to fight the germs that cause tuberculosis.
- A component of garlic known as diallyl disulfide has been shown to kill leukaemia cells.
- Garlic is a good source of vitamin B6.
- Garlic has been shown to be an effective anti-fungal agent for treating yeast infections, vaginitis, and athlete's foot.
- Garlic has been shown to protect rats from diabetes complications such as retinopathy, kidney disease, cardiovascular disease, and neuropathy.

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Garlic - has immune-enhancing allium compounds (diallyl sulfides) that appear to increase the activity of immune cells that fight cancer and indirectly help break down cancer causing substances. These substances also help block carcinogens from entering cells and slow tumour development. Diallyl sulfide, a component of garlic oil, has also been shown to render carcinogens in the liver inactive.

Studies have linked garlic - as well as onions, leeks, and chives - to lower risk of stomach and colon cancer. Dr. Lenore Arab, professor of epidemiology and nutrition at the UNC-CH (University of North Carolina at Chapel Hill) schools of public health and medicine and colleagues analyzed a number of studies and reported their findings in the October 2000 issue of the American Journal of Clinical Nutrition. According to the report, people who consume raw or cooked garlic regularly face about half the risk of stomach cancer and two-thirds the risk of colorectal cancer as people who eat little or none. Their studies didn't show garlic supplements had the same effect. It is believed garlic may help prevent stomach cancer because it has anti-bacterial effects against a bacterium, *Helicobacter pylori*, found in the stomach and known to promote cancer there.

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