Additional Health Benefits of Garlic

Garlic may be stinky but it is repelling much more than your neighbor. It is an excellent source of antioxidants and has anti-inflammatory properties. This means that it helps kill bacteria in your body that could make you sick or cause infection. Other benefits may involve the circulatory and respiratory system including:

- Lowering your risk of high blood pressure,
- High cholesterol,
- Heart disease,
- And artery hardening.

More Garlic-y Facts:

- Garlic was used to combat gangrene during the world wars!
- Vampires might not be real, but mosquitos are! Garlic is a natural bug repellent.
- Anti-fungal properties of garlic could even help heal athlete’s foot.
- An old folk remedy to remove splinters involves securing a slice of garlic over the affected area.
- Some research suggests garlic helps prevent food poisoning.

National Garlic Month

Vampires beware! It is the month of the “stinking rose.” Garlic is a vegetable used in many dishes for the added flavor, and is distinctive for its high sulfur content. These sulfur compounds give it an unique odor caused from crushing the bulbs during the cooking process.

Garlic + Cancer Prevention

Not only does garlic add flavor to your favorite meal, but it also is quite healthy for you. Some studies show that an increased consumption of garlic is linked to a reduced risk of:

- Stomach cancer
- Colon cancer
- Esophageal cancer
- Pancreatic cancer
- Breast cancer
- Prostate cancer

Garlic possesses antibacterial properties and may block Cancer-forming substances.

Best Way to Reap the Benefits

The medicinal qualities of garlic come from the compound allicin. This compound is most potent in garlic’s fresh form. The more it smells, the stronger the allicin!

Temperatures over 140F destroy the allicin content. Therefore, the best way to eat garlic is raw or by adding it late in the cooking process. Also, crushing or mincing the garlic before adding it and letting it sit allows the enzymes to do their job.

Sources:
- www.truthinsideofyou.org
- www.cancer.gov
- www.huffingtonpost.ca
- foodimentary.com
- popculturemadness.com
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