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Garlic is well known as a natural health remedy that has long been used to treat various ailments. It is extremely easy to source in most countries and can be consumed cooked or fresh. It is most easily included in your food or can be eaten on its own. You don't need to limit yourself to fresh garlic either. Garlic powder or dried garlic flakes are just as effective and super easy to keep in the cupboard for everyday use.

Health Benefits

Baby weight gain:

Garlic has been found to assist babies to gain weight while they are in the womb. Next time you have a baby, prepare to have garlic breath. Except if you have a history of large babies in which case maybe you want to skip the extra doses?

Strengthens the immune system:

Garlic strengthens the immune system as well as helps to fight chest infections, coughs and congestion. In the winter months garlic is a great food to *boost your immune system* and ward off colds and flu. An old folk remedy is to eat a clove of garlic that has been dipped in honey at the first sign of a cold. Why not try it and see if it works for you?

Treatment for hyperthyroid conditions:

Garlic contains high levels of iodine which makes it a very effective treatment for hyperthyroid conditions. Treatment with garlic has been shown to greatly improve this condition.



Treats Scurvy:

Treats Scurvy is treated by vitamin C and garlic contains good levels of vitamin C too.

Vampires?

Popular folklore says that garlic is good for more than scaring hungry vampires away. Impotency has long been thought to benefit from doses of garlic, and treatment continues in many communities to this day. Why not try treating yourself with garlic for several months before you head off to the doctor for that Viagra prescription?

Fights cardiovascular disease:

Cardiovascular disease can be reduced by ingesting garlic. LDL cholesterol is no friend of garlic and the aortic plaque deposits that gather on the walls of your body's veins can be reduced with the use of garlic too. Studies have shown the amazing benefits of taking garlic in relation to heart disease.

Kills fungal and bacterial infections:

Fungal and bacterial infections vaginal infections are toast when treated with garlic. When crushed or bruised, garlic releases Allicin which is a sulphuric compound that is a natural antibiotic. WWI soldiers even apparently used crushed garlic on infected wounds suffered in battle. If you decide to take garlic in tablet form be sure to use powdered capsules. The processes used to create garlic tablets destroy the Allicin that is present.

Good source of vitamin B6:

Garlic is a great source of vitamin B6 which is needed for a healthy immune system and the efficient growth of new cells. Vitamin B6 can also assist with mood swings and improve your cheery disposition!

Cancer prevention:

Garlic can aid in the prevention of multiple types of cancer. Bladder cancer, prostate cancer, breast cancer, colon cancer and stomach cancer have all been shown to have their tumors reduced when treated with garlic. Vitamin B6 is said to have cancer fighting abilities.

Regulates blood sugar:

Garlic regulates blood sugar as it enhances the level of insulin in the blood. This may assist in the control of diabetes. Seek medical advice if you believe the use of garlic could help your condition.