

Garlic



GARLIC – is the best known foodstuff used in medical treatments. Its curative effects, appreciated by ancient Greeks and Egyptians, have been used by modern investigations for a long time. It strengthens blood circulation and immune system.

HEALTHCARE CONVENIENCES

- It combats infections
- It improves health of your heart
- It reduces stroke risk
- It stimulates blood circulation
- It is a Natural remedy for diabetes
- It reduces cancer risk

MAIN NUTRIENTS

at 9 g (about 2 big cloves)

Kilocalories 9

Kilojoules 37

As only small quantities are always consumed, its part in need for energy, vitamins and minerals can be disregarded.

HEALTH AND NUTRITION

THERAPEUTIC CHARACTERISTICS

- Antibiotic activity against infection triggers
- Garlic is effective against a whole range of bacterial, viral and fungal infections like flu, cold, gastroenteritis and candidiasis, and it is also efficient for hard-to-heal wounds.
- It reduces high levels of blood fats
- This effect has been confirmed by numerous investigations. 1 to 2 fresh cloves of garlic a day can reduce cholesterol by about 10 percent.
- Stimulates blood circulation
- Studies show that garlic increases elasticity of blood vessels and reduces the risk of blood clots.
- Regulates high blood pressure
- Moderate consumption of garlic reduces blood pressure.
- It acts against high levels of blood sugar
- It prevents increase of sugar in blood after meals. This is especially important for diabetics.
- It acts against cancer
- Population studies have shown that people who eat a lot of garlic regularly, have a smaller risk of stomach cancer by more than a half.

RECOMMENDED AMOUNTS

Effects of 1 to 2 fresh cloves of garlic (9 g) a day to the action of your heart can be seen after a few weeks already. The similar amount is recommended for protection from

infections. As healthy ingredients of garlic are contained primarily in etheric oil of the fresh bulb, garlic should not be cooked long, but ought to be added at the end of preparation.

Smashed cloves of garlic

release oil, so that useful sulphur compounds can be created.

To catch these volatile ingredients, garlic should be eaten as soon as possible after smashing.