

Garlic Can Prevent Various Diseases

Garlic is a condiment that we often see in the kitchen. Many people also know that garlic can prevent colds and have a sterilizing effect. Today we will also study the herbs in this kitchen and make full use of it so as to better prevent various diseases.

From the point of view of traditional Chinese medicine, garlic is spicy and has the functions of killing insects and detoxifying and promoting appetite. Medical experiments have confirmed that garlic can cure cold, nasal congestion, tuberculosis, lung deficiency, cough, whooping cough, diarrhea, dysentery, as well as hook, scab, trichomoniasis and other diseases.

Garlic can effectively prevent the increase of serum cholesterol, increase of blood coagulation and decrease of fibrinolytic activity caused by high-fat diet, thereby reducing the occurrence of cardiovascular and cerebrovascular diseases such as hyperlipidemia, hypertension, arteriosclerosis and thrombosis.

Clinical studies have shown that people with high blood cholesterol levels eat a clove of garlic a day and their cholesterol levels will drop by 9%. The study also found that patients with higher blood pressure had a greater reduction in blood pressure after taking allicin. The small amount of hydrogen sulfide released by garlic can prompt the body to produce a compound that can relax blood vessels, increase blood flow, prevent blood from clotting and being oxidized, thereby lowering blood pressure, while clearing fat on the inner wall of blood vessels and increasing the elasticity of blood vessels. It also helps to regulate blood pressure.

In addition, the combination of garlic is also very important. It is very helpful to maximize the nutritional effect of garlic when eaten with meat. Lean meat is rich in vitamin B1, but stays in the human body for a short time. If you eat meat and eat some garlic, it can prolong the residence time of vitamin B1 in the human body, promote blood circulation, eliminate fatigue, and maintain the body Acid-base balance, so eating meat with garlic can achieve very good results.

Sulfur-containing compounds in garlic have a surprisingly strong antibacterial and anti-inflammatory effect, and can inhibit and kill a variety of cocci, bacilli, fungi and viruses. It is the strongest antibacterial effect found in natural plants. In addition, elements such as germanium and selenium in garlic can inhibit the growth of tumor cells and cancer cells. Experiments have found that the population with the lowest incidence of cancer is the population with the highest selenium content in the blood. The National Cancer Organization believes that garlic is the number one plant in the world with the most anticancer potential. Garlic can also effectively inhibit and kill bacterial viruses such as Helicobacter pylori that cause gastrointestinal diseases, remove gastrointestinal toxic substances, stimulate gastrointestinal mucosa, promote appetite, accelerate digestion, detoxify and intestine, and prevent gastrointestinal diseases.

Regular consumption of garlic can inhibit the growth of melanin on the face. In fact, the growth of melanin on the face is the reason for friends to have some dark spots. Therefore, when the growth of melanin on the face is suppressed, these spots can be effectively prevented.

Recently Korean studies have pointed out that garlic not only has anti-cancer and antibacterial effects, but also has unexpected effects in controlling obesity. A South Korean research team performed a four-

day experiment on mice. According to the results of the experiment, the rats that ate high-fat food and garlic juice gained 0.09 grams per day, while the rats that ate only high-fat food gained 0.2 grams per day. The mice that ate only garlic juice had more than half of the protein leptin content that caused obesity than the mice that ate high-fat foods.

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