HEALTHY TIPS

Top Health Benefits Of Garlic + Ways To Use It

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As you may already know, garlic is among the healthiest veggies in the world and it has a variety of health advantages to offer. Throughout the ages, it has been used as a powerful remedy against a variety of health problems, including cancer, impotence, and stomach bugs.

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As seen on Daily Mail, newest studies have shown that garlic may also be able to better the health of the heart. Most of its healing properties are believed to stem from its two pivotal compounds, i.e. allicin and allinase. Garlic cloves have no smell until they are peeled or crushed, which is when the compounds mix and allicin is released and a specific, rather strong odor is released.

What Is Allicin?

This is a volatile compound which lasts only several hours and it possesses strong antibiotic properties, as well as antiviral and antifungal characteristics. It is only present in raw garlic and when cooked, this compound is destroyed.

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Other Elements of Garlic

Did you know that garlic has around 10 distinct types of natural sugars, including glucose, insulin, and fructose and a high amount of copper, zinc, iron, tin, manganese, selenium, calcium, and germanium. It is also believed to enhance the capacity of the white blood cells to fight off viral and bacterial infections and cancer.

Garlic Destroys These Illnesses

- **MRSA**
- **Fungal overgrowth**
- **Helicobacter pylori infection**
- **Candida overgrowth**
- **HIV 1 infection**
- **Vibrio infection**
- **Pseudomonas Aerigonosima**
- **Cytomegalovirus infections**
- **Mycotoxin-associated aflatoxicosis**
- **Viral infections like Herpes Simples 1 and 2, Parainfluenza virus type 3, vaccinia virus, vesicular stomatitis virus and human rhinovirus type 2**
- **Group B streptococcus infection**

Garlic is also capable of preventing or treating more than 150 health problems, including cancer, diabetes, DNA damage, mercury poisoning, infection, and atherosclerosis.

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How to Eat Raw Garlic

As seen on Nourishing Gourmet, these are three delicious recipes to introduce raw garlic to your diet:

1. **Raw garlic shot**

Put a clove of raw garlic mixed with a bit of olive oil in the mouth and tswallow it with water.

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2. **Garlic & Avocado Mash**

Mix 3 cloves of minced garlic with small-sized, mashed avocado; sprinkle with chopped cilantro and salt. Serve it with homemade chips.

3. **Garlic & Walnut Dip**

Mash three cloves of garlic and a bit of water with a pestle to get a paste-like content. Then, add two dozen of walnuts to the mixture and mash everything together with the pestle until you get a homogeneous mixture.

Sources:

NCBI

DAILY MAIL

THE NOURISHING GOURMET

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