FRUITS & VEGGIES

How to Release Garlic's Medicinal Potential; 15 Times more Powerful than Antibiotics

By bestfolkmedicine · 11/08/2018 · 2 min read



As noted on Juicing for Health, garlic is a part of the lily family together with leeks, chives, and onions. Throughout the history, it has been used by many different cultures as a means to improve flavor and taste in cooking, but also as a powerful natural remedy which is claimed to have the power to help with a lot of different health issues. This vegetable is nowadays frequently used as a spice that transforms meals into a tasty, healthy, and rich culinary experience.

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How You Consume It Matters

However, not all garlic is the same, i.e. not all garlic is safe and healthy for consumption, according to Juicing for Health. Namely, the worst type of garlic is the one imported from China in the U.S. which has been exposed to radiation. During the process of radiation, raw or processed foods are exposed to this process because of the claims that it destroys pathogens and illness and prolongs the shell-life by changing the capacity for sprouting.

Sadly, irradiation of foods is FDA approved. Therefore, to still be able to reap garlic's benefits without fear, you should not just avoid imported garlic, you should also opt for locally- and organically-grown garlic which is free of toxins and it tastes the way garlic should taste.

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The Best Health Advantages of Organic Garlic

- Allicin, is active compound, is 15 times more powerful than penicillin; it protects from viruses, bad bacteria, parasites, MRSA, yeast infections, and cancer
- It possesses 33 active sulfur-containing substances and when consumed, allicin transforms into sulfenic acid, a strong eliminator of free radicals
- When eaten raw, you will benefit from garlic the most; to prepare it, chop several cloves with a garlic press or mash it with a knife or a fork and leave it like that for 5 minutes and then consume it

Additional Uses of Garlic

- ***Balances the blood pressure***
- ***Lowers high cholesterol levels***
- ***Prevents cardiovascular health problems***
- ***Averts rectal, stomach, colon, breast, prostate, and lung cancer, as well as bladder cancer***
- ***Helps in treating osteoarthritis, diabetes, hay fever, flu, and swine flu***
- ***Alleviates symptoms of flu and colds, stomach ache, congested sinuses, gout, hemorrhoids, asthma, and bronchitis***

- ***Beneficial against tuberculosis, bloody urine, tooth sensitivity, gastritis***
- ***Fights off stress and tiredness***
- ***When topically applied, garlic may address fungal infections, corns, and warts, as well as thrush and hair loss***

Sources:

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