

Garlic

the anti-aging wonder food

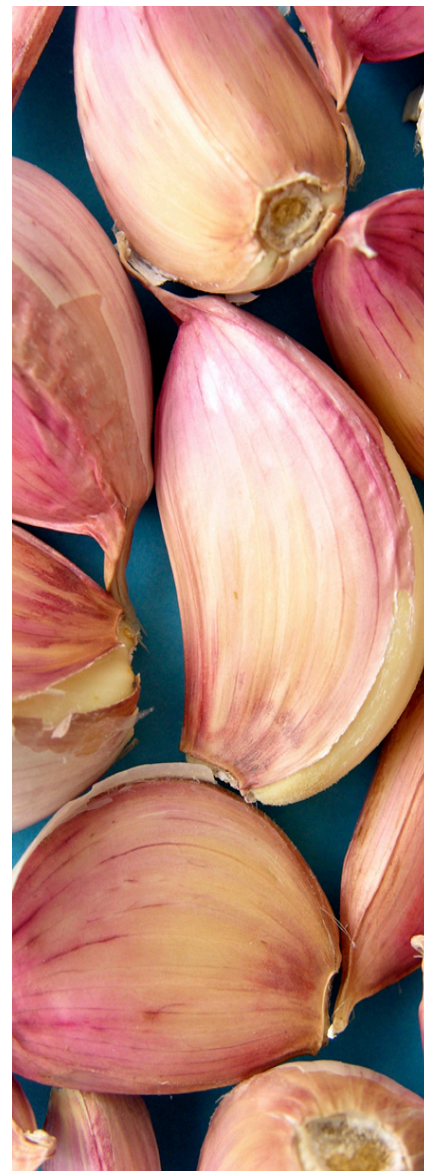
Garlic has many anti-aging effects. It can help in reducing your risk for many common disease states related to aging. Garlic is known to be effective in reducing the risk of some cancers, as well as heart disease.

Disease prevention:

- Reduces risk and may slow or stop growth of certain **cancers**, such as prostate cancer and bladder cancer.
- Reduces risk of **digestive tract tumors** such as esophageal, gastric and colorectal cancers.
- Reduces risk of **heart disease**. It decreases bad cholesterol, increases good cholesterol, and increases blood antioxidants. Reduces blood pressure if you have high blood pressure.
- Helps in fighting **coughs and colds**.

How it works:

Garlic has factors in it that enhance your immune function. This helps you to fight cancer and illnesses such as colds. Garlic also has factors in it that prevent the formation of cholesterol in the body. Antioxidants in garlic prevent the hardening of cholesterol in the arteries. This keeps your heart healthy and prevents diseases like atherosclerosis. It also contains good for you nutrients like fiber, Vitamins A, C, E and B-vitamins.



Persons with high intake of garlic had 60% reduced risk of stomach cancer compared to those with low consumption.

Human studies have shown that consuming garlic extract has helped in:

- reducing bad cholesterol,
- increasing good cholesterol
- increasing blood antioxidant potential
- decreased blood pressure in those with high blood pressure, but not in healthy groups.

Animal studies have shown that consumption of raw garlic, or garlic extract, have inhibited several types of cancer and tumor growth.

How to consume garlic to get all the benefits:

- Raw garlic is most effective
- If you want to cook the garlic, crush it first, and wait 15 minutes before cooking.
- Try not to cook the garlic for longer than 20 minutes.
- You will need to eat more cooked garlic to have the same benefits as raw garlic.

For maximum heart health benefits: Eat at least 2 cloves of garlic each day, or 900mg of garlic powder.

For inhibiting and preventing growth of cancer: at least 1 clove of raw garlic or 25mg of aged garlic extract each day.



WARNING: Garlic supplementation can thin the blood. If you are already on blood thinners, talk to your doctor before taking supplements.