

Growing Old With Garlic



Garlic is a widely used herb, famous for its medicinal qualities. The active ingredient responsible for garlic's health benefits is allicin. Allicin is only produced when the herb is chopped or crushed.

Regular consumption of garlic is linked with decreased risk for many diseases. Most of these diseases are of particular concern to older adults.



How Can Garlic Benefit Your Health?

→ **Decreased risk of cancer**

- Antioxidants in garlic help protect the body against damage associated with aging

→ **Decreased risk of heart disease**

- Consumption of garlic minimizes the stiffening of muscles in the heart

- Enzymes in the herb work to dilate blood vessels, reducing blood pressure

- Antioxidants in garlic reduce the amount of "bad cholesterol" in the blood (which can build up in arteries and cause heart attack or stroke)

→ **Decreased risk of dementia**

- Risk factors for heart disease are also linked to dementia

- Regular consumption of garlic is linked with increased cognitive health in old age

How Much Garlic Do You Need To Eat?

→ There are two main forms of garlic available to consumers: clove form and supplement form

- If taking garlic in clove form, aim to consume 4 cloves per day. Since allicin is broken down during cooking, you receive more health benefits from raw garlic.
- If taking garlic in a supplement form, aim to consume doses of 1200 mg daily

*If you are on blood thinning medications, raw garlic is good to consume, but avoid using garlic supplements.



Worried about getting sick?
Regular consumption of
garlic boosts the immune
system.

Some interesting facts about garlic:

- Garlic has a similar blood thinning effect as aspirin
- A clove of garlic a day can reduce cholesterol levels up to 9%
- Garlic is a natural antibiotic

Some Tasty Ways to Enjoy the Benefits of Garlic

- Chop it up in a salad
- Add it to mashed potatoes
- Add to a marinade for your favourite meats
- Add it to a pasta sauce

Why You Should Include Garlic in Your Diet

- Garlic can decrease your risk of many age-related diseases
- Garlic can help fight against decreased immunity with age
- If you do not like the taste of garlic, you can benefit from using garlic supplements
- Garlic can be used in a variety of recipes