

# Health Benefits of Garlic

Common name: Garlic

Latin name: *Allium sativum*

Garlic, a member of the allium family, is one of the most broad spectrum and potent herbs that most of us probably already have on hand in the kitchen! The health benefits of garlic are wide ranging, and cover everything from general 'tonic' action to treating MRSA and cancer. Yes, these are the same humble and pungent cloves that are for sale in the local supermarket!



## The Science

Garlic is a living plant, and is made up of a variety of minerals, compounds and chemicals that actually begin to react with one another and reform into different chemical compounds from the moment the clove is crushed or cut. In addition to being one of nature's strongest antibiotics, this reactive nature and complex components in garlic make it impossible for bacteria to decode, so it does not cause antibiotic resistance.

## Allicin

Most of garlic's punch as an antibiotic, antifungal and antiseptic are due to the compound called allicin. Allicin, a powerful volatile oil, is formed from enzymatic reactions from the moment the clove is cut or crushed. It is fragile, and is broken down by heat and acids, so allicin is only effective outside the stomach.

## Actions of Garlic

Internally, garlic is a powerful immune system stimulant and tonic for a variety of body systems. The volatile sulfuric compounds in garlic can move into the blood stream and throughout the body with topical or internal use. Internally, garlic strengthens and positively affects

- ❖ the lymphatic and circulatory systems
- ❖ the mucosal lining
- ❖ lungs
- ❖ urinary tract
- ❖ digestive tract
- ❖ immune system

## Some specific actions for which garlic is known include:

- lowers blood pressure, heart rate and blood cholesterol
- increases circulation
- fights infections (fungal, bacterial and viral)
- reduces muscle spasms
- increases immune response
- promotes sweating
- increases the production of digestive fluids
- thins and increases mucosal fluid

## ***Garlic is useful for treating the following common illnesses:***

- Colds and flus
- Earraches
- Toothaches
- Sore or Strep Throat
- Yeast infections
- Vermifuge (de-wormer)
- Allergic reaction to insect

Discover more of the health benefits of garlic, along with recipes, source notations and more at [www.gwens-nest/natural-remedies/health-benefits-of-garlic](http://www.gwens-nest/natural-remedies/health-benefits-of-garlic)