

# Benefits of Garlic

Author: Administrator

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Garlic is one of the most powerful foods on the planet, known for its pungent aroma, its strong taste and its healing power. The plant we know as garlic has been cultivated for more than 5000 years, and garlic has long played a role in natural healing and traditional medicine.



**Garlic** is thought to play a role in providing natural protection against some forms of cancer, and the compounds in this herb continue to be studied as possible cancer treatments. It is thought that many of the compounds found in garlic have the ability to neutralize many cancer causing compounds, and that the compounds found in garlic may even be able to slow the growth of tumors.

In particular, many of the sulfur compounds found in garlic are thought to be of particular value, and choosing the most fragrant and aromatic cloves of garlic at the supermarket is one of the best ways to ensure a strong sulfur content. Many shoppers feel that organically grown garlic contains a higher sulfur concentration than its non-organic competition, thereby providing a greater healing power.

While garlic is certainly a safe food, some people are sensitive to the herb, and excessive consumption of garlic may result in short term digestive issues. For those unaccustomed to cooking with garlic, the best advice is to start out slowly and increase the amounts gradually till it suits your digestive system.

It is also important to realize that garlic acts as a natural blood thinner, so those scheduled for surgery should cut back on their garlic consumption in the days and weeks prior to any scheduled surgical procedures.

Garlic is available in many forms, including natural cloves, garlic powder and garlic paste. In addition, garlic supplements are available in convenient pill form, offering all the benefits of garlic, with none of the unpleasant aroma. Garlic supplements are widely available in health food stores, grocery stores and on the internet.