

# The Health Benefits of Garlic

By Lisa Mosing, MS, RD, FADA, Special to LifeScript



*Over 1,000 published studies have investigated the medicinal properties of garlic. And today in the U.S., garlic ranks among the top five best selling herbs. A component in garlic called allicin is thought to be responsible for many of the*

*reported health benefits. Allicin is created in raw garlic when it is crushed or chewed...*

In fact, it's estimated that a single, fresh garlic clove makes about 4,000 to 12,000 micrograms of allicin. Freshness counts so make sure you use fresh garlic and supplements made with optimum ingredients. Experts have recommended eating one garlic clove per day for various health benefits. Find out more about the numerous health benefits of garlic.

### **Heart Disease and Garlic**

Garlic, which is a cousin of chives, leeks, onions and shallots, has shown promise in heart disease management. Although drugs give larger reductions in blood cholesterol levels, garlic has shown a 4% to 6% cholesterol reduction in some studies. The research results on the medicinal properties of garlic vary depending on the types of garlic studied, such as raw garlic, powdered garlic, aged garlic extract and garlic oil.

### **Social Consequences**

There are social consequences for adding more garlic to your family's diet. Garlic breath or body odor can occur if someone eats large amounts of garlic. Three remedies for garlic breath are to eat

fresh parsley, chew on a coffee bean or eat some citrus. Another unintended side effect could be gas, heartburn, or stomach pain. If you or a loved one are preparing for surgery you need to know that garlic is a blood thinner, so it should not be used by anyone two weeks before surgery to reduce the risk of postoperative bleeding. In addition, check with your physician if you use garlic supplements because it can affect medications, like blood thinners warfarin or coumadin.

Not only does this popular herb smell and taste delicious, but the health benefits of garlic may alone be worth adding it to your favorite dishes!

### **We're Here to Help!**

If you found these tips helpful, here's the most important advice of all: a healthy lifestyle begins with a healthy body. Don't leave your health to chance. Get your [Free Personalized Vitamin Profile](#) today to find out which vitamins are right for your lifestyle, risk factors and nutrient needs.

Source:

[http://www.lifescrypt.com/food/articles/t/the\\_health\\_benefits\\_of\\_garlic.aspx?utm\\_source=bing&utm\\_campaign=Food+%26+Nutrition+2+-](http://www.lifescrypt.com/food/articles/t/the_health_benefits_of_garlic.aspx?utm_source=bing&utm_campaign=Food+%26+Nutrition+2+-)