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Garlic: A Plus To Health

Garlic is probably nature's most potent food. It is one of the reasons people who eat the Mediterranean diet live such long healthy lives. Several new studies have documented its ability to promote heart and cardiovascular health, prevent and treat cancer, and create a healthy lipid profile. Others have shown garlic prevents platelet aggregation and reduces high blood pressure. Garlic has strong anti-inflammatory properties. One of the most interesting of the recent findings is that garlic increases the overall antioxidant levels of the body.

Garlic has a long history as a healer

Scientifically known as *Allium sativa*, garlic has been famous throughout history for its ability to fight off viruses and bacteria. Louis Pasteur noted in 1858 that bacteria died when they were doused with garlic. From the Middle Ages on, garlic has been used to treat wounds, being ground or sliced and applied directly to wounds to inhibit the spread of infection. The Russians refer to garlic as Russian penicillin.

Since ancient times, garlic has been a popular remedy for intestinal disorders, flatulence, worms, respiratory infections, skin diseases, symptoms of aging, and many other ailments. Albert Schweitzer used it to treat cholera and typhus. In France, farmers even fed garlic and onions to their horses to dissolve clots in the animals' legs.