

SPICING IT UP AGAIN WITH GARLIC



SPICE IT UP AGAIN WITH JEN a series

Garlic, the spice we love to hate... Well maybe not. Many of us really enjoy the smell and taste of fresh garlic, but you may not be aware of the health benefits that come from ingesting it. No worries, I am here to tell you. Garlic is closely related to the onion and leek families. It is a popular root which is grown all over the world. It is used often in cooking because of its strong flavor but for many years its main purpose was medicinal

Garlic's health benefits come from the sulfur compounds in garlic that are released when it is chopped, crushed or chewed. Garlic is rich in Vitamin C and B6, which is why it may help boost your immune system. Several studies have shown reductions in the length of time of the common cold as well as symptoms. Another possible benefit to eating garlic is a reduction in blood pressure. However, the amount to achieve a significant reduction is about 4 cloves a day. A garlic supplement may be a better form to take if you are taking it for high blood pressure but you need to consult your doctor first. Garlic has also been shown to contain antioxidants which protect against cell damage and aging. It may reduce the risk of Alzheimer's Disease or dementia. These findings were all based on high doses of garlic supplements. ([Source](#)) Studies have also shown that garlic works as an anti-inflammatory in the body reducing pain and swelling.

WHAT IS SAFE:

So garlic is yummy, makes food taste great and has been linked to a whole bunch of health benefits, BUT (there is always a big "but") there are some warnings in ingesting too much. Overdoing the garlic can cause discomfort, including upset stomach, bloating, diarrhea, body odor and bad breath. On rare occasions, garlic supplements can cause headaches, fatigue, appetite loss, muscle aches, dizziness and allergic reactions such as asthma attacks or skin rashes. It could also potentially react with certain medications or cause your blood not to clot efficiently if you are also on blood thinners. So please talk to your doctor if you are thinking about taking the supplements, but adding it into your diet should be fine. ([Source](#)) Of course the best reason to eat garlic is to ward off the vampires. Unless of course he or she is attractive, makes good money, pampers you.....