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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Benefits of Garlic**

By [AyurvedicCure.com](http://AyurvedicCure.com)

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The extracts of *Allium sativum* bulb and compound preparation possess pharmacodynamic properties. The extract of garlic was found to have a significant protective action against a fat induced increase in serum cholesterol and plasma fibrinogen and in fibrinolytic activity.

Garlic is used as a carminative, aphrodisiac, expectorant, and stimulant.

**Anticancer Actions:**

Human population studies show that eating garlic regularly reduces the risk of esophageal, stomach, and colon cancer. This is partly due to garlic's ability to reduce the formation of carcinogenic compounds. Animal and test tube studies also show that garlic, and its sulfur compounds, inhibit the growth of different types of cancer—especially breast and skin tumors.

**Circulatory Effects:**

More than 250 publications have shown that garlic supports the cardiovascular system. It may lower cholesterol and triglyceride levels in the blood, inhibit platelet stickiness (aggregation), and increase fibrinolysis—which results in a slowing of blood coagulation. It is mildly antihypertensive and has antioxidant activity.

**Antimicrobial Actions:**

Garlic has antibacterial, antiviral, and anti-fungal activity' It may work against some intestinal parasites. Garlic appears to have roughly 1 % the strength of penicillin against certain types of bacteria. This means it is not a substitute for antibiotics, but it can be considered as a support against some bacterial infections. *Candida albicans* growth is inhibited by garlic, and garlic has shown long-term benefit for recurrent yeast infections.

## Benefits of Garlic

### High Blood Pressure:

Garlic is regarded as one of the most effective remedies to lower blood pressure. The pressure and tension are reduced because it has the power to ease the spasm of the small arteries. It also slows the pulse and modifies the heart rhythm, besides relieving the symptoms of dizziness, shortness of breath and the formation of gas within the digestive track. As these days garlic capsules are available with the chemist shops, the average dosage of two to three capsules a day to be given to make a dent in the blood pressure.

### Digestive System Disorders:

Garlic is one of the most beneficial foods for the digestive system. It exercises a beneficial effect on the lymph, aids in elimination of noxious waste matter in the body. It stimulates peristaltic action and the

secretion of the digestive juices. Crushed cloves of garlic may be infused in water or milk and taken for all types of disorders of the digestion. It has an antiseptic effect and is an excellent remedy for infectious diseases and inflammations of the stomach and intestine. The oil of garlic is absorbed into the alimentary tract and is eliminated partly through the urine.

Garlic produces a very marked effects on the intestine. It is an excellent agent as a worm expeller. It has also a soothing effect on the various forms of diarrhoea. Problems such as colitis, dysentery and many other intestinal upsets can be successfully treated with fresh garlic or garlic capsules. One garlic capsule taken three times a day is usually sufficient to correct mild cases of diarrhoea or dysentery. For more persistent cases, upto six capsules a day can be taken. Garlic has the ability to destroy harmful bacteria in the intestines without affecting the beneficial organisms which aid digestion.

### Skin Disorders:

Garlic has also been used successfully for a variety of skin disorders. Pimples disappear without scar when rubbed with raw garlic several times a day. Even very persistent form of acne, suffered by some adults, has also been healed with garlic. The external use of garlic helps to clear the skin of spots and pimple, and boils. The process is further helped by taking the garlic orally also, to purify the blood—steam so as to secure a long term clearance of the skin. A regular course of three garlic capsules per day should help to clear minor skin infections quickly.

### Whooping Cough:

Garlic is an excellent remedy for whooping cough. Syrup of garlic Should be given in doses of five drops to a teaspoonful two or three times a day in this condition. It should be given more often if the coughing spells are frequent and violent.

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all your health-related ailments. The portal has exclusive sections devoted to ayurveda, massage, herbs, herbal dietary supplements, home remedies, online consultation, online shop for herbal

products and a lot more.

## **Garlic for Health**

**By Dr. Donald A. Miller**

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Garlic is a traditional tonic in many cultures.

In my teens and twenties, I was very aware that one should not eat garlic or onions out of respect for other people (e.g., bosses or potential dates). However, garlic breath does not bother me nearly so much as the foul stench caused by tobacco use, lazy dental care, lack of exercise, obesity, and / or poor bowel regularity.

I now use a lot of garlic, bought as pre-peeled cloves or dried minced chunks. I frankly like the taste. For those who think raw garlic "bites", briefly cook in microwave, water, a small amount of oil, or mix in many foods.

Garlic oil from crushed cloves or garlic capsules can heal surface infections, cuts, herpes blisters, and other ailments.

Before you get carried away with pills, capsules, and other sources of concentrated garlic goodness, be aware that the Mayo Clinic says, "Unfortunately, garlic is most effective when you eat it raw and in large amounts."

I remember reading that Eleanor Roosevelt ate several cloves of raw garlic every day, which she covered with honey, because she hated the taste. The garlic was not the only reason, but she did live a long active life.

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\* Diet with FACTS, not Fat-Burner MYTHS. \*

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