

## ประโยชน์ 5 ประการ Garlic Extract



### 5 Benefits of the Garlic Extract

Garlic extract is very beneficial to the body such as taken to protect against diseases or to adjust the balance so that the body can function more normally along with those with stress can also eat garlic extract to relieve stress. If you are hesitant about eating garlic extract, then today we have 5 benefits to help you make an easier decision.

#### **Protect against heart disease**

Heart disease usually is caused from the lack of blood going into the heart probably because fats is blocking the way resulting in blood clots within. This makes it harder for the blood to be fed into the heart. If the heart lacks blood circulation it could result in heart failure which could be fatal. Eating garlic extract could prevent blood clot in the blood vessels.

#### **Detox**

Usually the toxic that enters the body will be accumulated in the liver and can be ejected out slowly or not at all. Eating garlic extract can enhance the liver's operation so the toxic can be driven out more effectively.

#### **Reduce colic from stomach ulcer**

Those with stomach ulcer suffer a lot especially the colic that makes them hard to eat. These symptoms can be reduced by eating garlic extract regularly.

#### **Reduce the risk of getting cancer**

There are researches that found that garlic extract helps people resists oxidant which can be the cause of cancer especially liver cancer and prostate cancer among men.

### **Helps resist fungus and bacteria**

In our body, there are lots of fungus and bacteria and of course those that are harmful to our body. Eating garlic extract regularly can build immunization so that the body can resist fungus and bacteria that are harmful to the body.