



## **Garlic, reduces many ailments**

Garlic has extraordinary qualities. Fresh garlicks are food, and spice, that are full of chemical flora that can only be obtained from vegetables. It also contains a unique substance that cannot be found in any other food. You only get these only if you eat garlicks.

### **1. Reduce Fats, less chance of coronary diseases**

The important ingredient found only in garlic is allicin which is capable of reducing cholesterol in blood stream not more than 10% of all cholesterol in the body. So one can say that garlic can help reduce heart and coronary diseases partially. There are also other risk factors along with one's behavior that will determine the chances of having coronary diseases.

### **2. Relieve cold symptom and flu**

There's a saying in the Thai Herbal Medicine Handbook that garlic can help relieve cold since the aroma therapy from garlic can work against bacteria, germ and virus. Garlic is also a spicy herb that help enlarge respiratory system to make breathing easier.

### **3. Reduce the risk of colon cancer**

There are two types of fibers within garlic: dissolvable and non-dissolvable. The fibers contained in garlic can help reduce the risk of colon cancer but one should eat fresh garlic without being cooked since the heat will reduce nutrients in garlic making it less potent.

### **4. Reduce distension and colic**

Researches found that Gastroenteric allechalcone can enhance the action of intestines to convey food in stomach and small intestine hence gas expelling reducing distension and colic from

indigestion. Also, eating fresh garlics can help increase gastric liquid and bile. To expel gas, eat 5 – 10 petals of fresh garlic with or after meals.

#### **5. Cure ringworm from fungus**

Since extract oil from garlic can kill germs and bacteria, so skin diseases like ringworm and eczema can be cured by using garlic. Slice garlic thinly and softly rub on the infected areas twice a day then scratch skins with thin wood that had been sterilized (soak in 70% alcohol or boiling water for 10 – 15 minutes) until skin becomes pinkish red and apply eczema lotion on top. This will help ointment absorb into the skins faster.

#### **6. Reduce itchiness from insect bite**

Oil within garlic can be used to ease the pain and itchiness from insect bite by smashing fresh garlic until liquid seeps out and use lobe to rub on the infected areas.