

♥ Health Minute™

Garlic falls short...

Garlic may still be good for warding off vampires but it stinks for controlling cholesterol. For decades, garlic capsules were touted as a natural way to lower cholesterol. In 2007, a study funded by the NIH found that garlic in any form did not reduce cholesterol in patients with moderately high baseline levels. Garlic still has some redeeming features. It has anti-inflammatory properties; beneficial for prevention of atherosclerosis and certain types of cancer. It also has antibacterial properties and is used by some to stave off colds and flu. Garlic is also a delicious addition to so many recipes. Look for organic garlic – it seems to have higher concentrations of beneficial compounds.



What garlic <i>does</i> do	Fun garlic facts
<ul style="list-style-type: none">♥ Has been shown to make platelets less sticky, similar to aspirin♥ Some studies show lower rate of stomach and colon cancer with high garlic intake♥ Natural antibiotic properties. Garlic was actually used to prevent gangrene during World Wars I and II♥ Works as a natural mosquito repellent	<ul style="list-style-type: none">♥ China grows the most garlic in the world (approximately 23 billion pounds grown annually). This is over 75% of the world garlic production♥ Garlic is grown as a cash crop in every state of the US except for Alaska.♥ The US only produces 2% of the World's garlic♥ Egyptians building the pyramids included garlic in their diets.

