

# Although Garlic Is Strong, It Can Cure Many Diseases

Do you know? Although garlic tastes heavy, it can cure many diseases.

## **Garlic can effectively lower blood lipids**

Among the many traditional Chinese medicine recipes, many are based on food to produce magical effects, and many ordinary foods in daily diet are actually good medicines to lower blood lipids. Professor Zhao, the chief physician of the Cardiovascular Department of the Southern Medical University Integrated Chinese and Western Medicine Hospital, pointed out that fresh garlic can greatly reduce the harmful cholesterol content in the blood. Garlic powder products can reduce cholesterol by 8%, while fresh garlic or garlic extract can reduce cholesterol by 15%. The lipid-lowering effect of garlic is related to the substance contained in garlic, allicin. This active ingredient of garlic has antibacterial and antitumor properties, can prevent atherosclerosis, and lower blood sugar and blood lipids. Dropping a few drops of allicin into milk greatly reduces the cholesterol in the milk.

## **Menopause palpitations, early autumn vomiting can be treated with garlic**

In addition, some menopausal women are prone to palpitations and palpitations. When heart palpitations are severe or even accompanied by heartache, you can eat garlic, jujube, figs, walnuts, honey, sheep blood, and chives as appropriate.

Between the summer and autumn transitions, the climate often changes and it is easy to catch a cold and cause vomiting and diarrhea. Mr. Zhang said that at this time, garlic can be considered to treat vomiting. This is because garlic tastes spicy. The effect is insecticide dehumidification and detoxification. Take one or two garlic heads, cook them, and drink them with boiling water to eat honey to cure vomiting.

## **Although garlic can detoxify the stomach, these people are not suitable for consumption**

Although garlic has the effect of killing insects, detoxifying and relieving cold and strengthening the stomach, it is warm in nature, but also irritating. It can stimulate the liver, lungs, stomach and eyes. People with sore eyes or inflammation are not suitable to eat garlic. Eating more garlic will hurt the spleen, lungs, liver, eyes, sputum, and cough.

[Chinese garlic suppliers](#) provide reasonable [garlic price](#) and high quality garlic for consumers all over the world. Eating garlic scientifically helps us keep healthy.