

Cancer Guard-Onion, Garlic

According to epidemiological surveys, people who like garlic eat have a lower cancer incidence rate. The main reason is that they intend to reduce nitrite in the body. The reduction of nitrite also means that the incidence of cancer is reduced. So it has the effect of preventing cancer.

In addition, it is known that garlic itself has a detoxifying effect. Through this function, it strengthens the immune function, blocks fat oxidation, etc., and cuts off the conversion of normal cells to cancer cells. Garlic also contains microelement- selenium, which can kill cancer cells.

Similarly, eating onions can also reduce the content of nitrite in the stomach and oxidize nitrite. Onion itself contains quercetin, which is a natural anti-cancer substance. Studies have shown that people who regularly eat onions have a 25% lower incidence of stomach cancer than those who eat less or do not eat onions, and have a 30% lower fatality rate. Some studies have shown that the daily intake of onions and garlic in the diet can help prevent esophageal cancer, colorectal cancer, oral cancer, breast cancer, ovarian cancer, prostate cancer, and kidney cancer.

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