

# Health Benefits of Garlic

Besides enhancing the taste of our favorite foods, there are many health benefits that come from garlic. Below are listed just a few of these benefits. To read more about these benefits American Academy of Family Physicians has a tremendous article.

<http://www.aafp.org/afp/20050701/103.html>

1. Garlic lowers blood pressure.
2. Garlic lowers LDL cholesterol.
3. Garlic lowers or helps regulate blood sugar.
4. Garlic helps prevent blood clots, thus reducing the possibility of strokes.
5. Garlic helps prevent cancer, especially of the digestive system, prevents certain tumors from growing larger, and reduces the size of certain tumors.
6. Garlic helps to remove heavy metals such as lead and mercury from the body.
7. Garlic is a potent natural antibiotic.
8. Garlic dramatically reduces yeast infections due to Candida species.
9. Garlic has anti-oxidant properties.
10. Garlic is a source of selenium.

