10 Proven Health Benefits of Garlic

1. Garlic contains compounds with potent medicinal properties.
Garlic is a plant in the onion family grown for its distinctive taste and health benefits. It forms sulfur compounds, which experts believe to be responsible for some of those health benefits.

2. Garlic is highly nutritious but has very few calories
Garlic is low in calories and rich in vitamin C, vitamin B6, and manganese. It also contains trace amounts of various other nutrients.

3. Garlic can help protect against illness, including the common cold
Garlic and garlic supplements may help prevent and reduce the severity of illnesses like the flu and common cold.

4. The active compounds in garlic can reduce blood pressure
Garlic supplements appear to improve blood pressure for those with known high blood pressure. In some cases, supplements may be as effective as regular medications

5. **Garlic improves cholesterol levels, which may lower the risk of heart disease**
Garlic supplements seem to reduce total and LDL (bad) cholesterol, particularly in those with slightly high cholesterol. There appears to be no effect on HDL (good) cholesterol and triglycerides.

6. **Garlic contains antioxidants that may help prevent Alzheimer's disease and dementia**
Garlic contains antioxidants that can help protect against cognitive decline related to cell damage and aging. This may reduce your risk (or slow the progression) of Alzheimer's disease and other types of dementia.

7. Garlic may help you live longer
Garlic has beneficial effects on common causes of chronic disease, so it makes sense that it could also help you live longer.

8. Garlic supplements may improve your athletic performance
Animal studies suggest that garlic may improve physical performance. The benefits for humans are not yet conclusive. Ultimately, more research is needed.

9. Eating garlic may help detoxify heavy metals in the body
Studies show that garlic can significantly reduce lead toxicity and related symptoms.

10. Garlic may improve bone health
Garlic appears to have some benefits for bone health by reducing oxidative stress. Still, more human studies are needed.

Looking to improve your health? Call your nutritionist, Jennifer. I can help.848-288-9902.