

HEALTH TALK

SEPTEMBER 2014

TOPIC: HEALTH BENEFITS OF GARLIC

Garlic is one of nature's miracle plants and its curative powers have been celebrated for centuries.

It is included in the several species of onion family, genus *Allium*. It is strong-smelling and its tasting bulbs are used in cooking.

The sulphur compound allicin provides the benefits of garlic. Allicin is formed when garlic is crushed, chewed or chopped.

The health benefits are sustained by a wealth of research.

Benefits:

1. Has anti-viral, anti-bacterial and anti-fungal properties.
2. Powerful antioxidant and immune booster with anti-inflammatory properties.
3. Helps reduce plaque or arterial build-up within the arterial system, thus aid in preventing and eliminating heart disease.
4. Prevents blood clots from forming, thus reducing the possibility of strokes.
5. Prevents cancer, especially of the digestive system, prevents certain tumors from growing larger and reduces the size of certain tumors.
6. Aids in keeping the body healthy and preventing disease.

Learn what you can so that your life is in your hands and not in another's who may not have your interest.

Take charge of your health, be wealthy and wise.

CMRS cares!!!