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The Garlic Factor.

Garlic is an excellent source of allicin, a plant compound that has been shown to inhibit the growth of certain cancer cells. However, overcooking garlic may destroy some of its beneficial compounds. Toss chopped, fresh garlic into your cooking just a few minutes before it's done to retain more of its nutrition.

Studies have shown that garlic can have a powerful antioxidant effect. Antioxidants can help to protect the body against damaging "free radicals".

Garlic has long been considered an herbal "wonder drug", with a reputation in folklore for preventing everything from the common cold and flu to the Plague! It has been used extensively in herbal medicine (phytotherapy, sometimes spelt phitotherapy). Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol levels. It can even be effective as a natural mosquito repellent.

Enjoy your garlic, until next time, have a blessed week!

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