



Never Underestimate the Power of Garlic

Visit our internet store at: www.shaffervitamins.com We feature over 700 Brand Names Featuring over 14,000 Products! **SAVE at least 30%-40%** on Every Order! **NO COMPUTER - NO PROBLEM!** Call (484) 695-9496 if you need assistance or if you would like us to place the order for you! We are listed at <http://www.fairgroundfarmersmkt.com> listed under Merchants — Specialty Shops. Check out our in store monthly specials!

This amazing herb provides a wealth of therapeutic benefits for a variety of conditions, including cardiovascular.

To the superstitious, garlic is a talisman against vampires. To good cooks, garlic adds interest to almost any recipe. Those familiar with natural medicine know that garlic's benefits extend to the medicine cabinet, too. This humble bulb has an extensive and varied history of use against bacteria, viruses, fungus, gangrene, blood clots, and even tumors.

An herb in the Liliaceae family, this pungent-tasting and smelling bulb grows beneath the soil. Garlic contains valuable nutrients such as thiamin, calcium, magnesium, iron, potassium, phosphorous, zinc, protein, vitamin C, germanium, and selenium. Researchers continue to discover garlic's wide range of health benefits.

Many therapeutic uses

Although strong-smelling garlic has long been a plant of common people, it belongs to the elite of therapeutic herbs. In Russia, a garlic compound is used as an antibiotic. Garlic is thought to block bacterial growth by helping destroy the germs' oxygen metabolism.

In the 1920s, researchers at Sandoz Pharmaceuticals in Switzerland isolated alliin from garlic. On it's own, alliin has no therapeutic value. However, when garlic is crushed, alliin combines with the enzyme allinase and is converted into allicin. Allicin is known to be a powerful antibiotic. When allicin combines with bacteria, the bacterial organism's respiration stops.

Dozens of studies support

garlic's antibiotic activity. Garlic has been shown to destroy the bacteria that cause tuberculosis, food poisoning, and woman's bladder infections, according to *The Healing Herbs*, by

Michael Castleman. Garlic's allicin fraction has been shown to act as an antimicrobial agent for streptococci (strep throat), according to the *Encyclopedia of Natural Medicine*, by Michael Murray, N.D., and Joseph Pizzorno, N.D.

Not only does garlic appear to nullify harmful bacteria, it protects friendly bacteria. Garlic treatments apparently change the flora (bacteria) living in the intestine. The good bacteria aids digestion; the bad bacteria causes putrefaction (decay). Studies indicate that garlic treatments have been linked to an increase in healthy bacteria and a reduction in harmful bacteria.

Those troubled with flatulence and other digestive disorders may turn to garlic for relief. Besides decreasing the amount of putrefactive bacteria, garlic stimulates digestion by increasing gastric juices and speeding up bowel movements, according to the *New Encyclopedia of Common Diseases*, by the editors of *Prevention Magazine*.

Its Allicin content makes garlic effective against fungal infections such as vaginal yeast infections and athlete's foot. In addition, Chinese researchers



reported that garlic, administered intravenously, success-fully treated cryptococcal meningitis, an often fatal fungal infection.

Garlic also helps protect against viruses. The sulphides and disulphides in garlic are said to bond with the virus, preventing it from re-forming. Studies indicate garlic can protect against the influenza virus. It has also been shown to stimulate antibody production when given with an influenza vaccine, according to *The Healing Power of*

Herbs, by Michael T. Murray, N.D.

Healthy heart

Increasing evidence indicates that garlic may help the cardiovascular system. In studying the diets of seven countries, scientists observed that populations in Greece, Italy, and Dalmatia-where garlic is a food staple-had fewer coronary problems, than populations in Britain, Finland, Holland, and the United States-where garlic is less commonly used.

According to *The Healing Power of Herbs*, garlic effectively lowers both systolic and diastolic pressure. In one study, researchers from the Bulgarian Academy of Sciences in Sofia tested extracts of garlic on 46 hypertensive patients. Most of those tested lowered their blood pressure by about 20 points, and also experienced a reduction in physical symptoms, according to a report in the *American Journal of Chinese Medicine*.

Marcovici, an army doctor on the Eastern front during World War 1, believed that garlic normalized blood pressure by controlling and purifying intestinal putrefaction. He observed that chronic constipation, chronic



appendicitis, and fecal stasis were associated with high blood pressure. He speculated that incompletely digested food putrefied in the system, and the resulting toxins were absorbed into the bloodstream. This led to headaches, dizziness, fatigue, and capillary spasms—symptoms linked to hypertension. Garlic's role as a blood pressure-lowering agent appears to be linked to its lipid-lowering properties. Garlic has been shown to lower total cholesterol and raise HDL ("good") cholesterol. An experiment analyzing the relationship between cholesterol and garlic oil was published in the *American Journal of Clinical Nutrition*. For three weeks, researchers gave five grams of crushed garlic daily to six young men. Each week, fat levels in their blood were evaluated. It was found that cholesterol levels gradually dropped. Specifically, garlic appeared to lower LDL ("bad") cholesterol levels.

Garlic makes blood platelets less sticky so they won't clump together to form blood clots, according to the *New Encyclopedia of Common Diseases*. Garlic also appears to help disintegrate clots that are beginning to form. It increases the blood's ability to dissolve the chemical fibrin. Fibrin is responsible for making blood clots thick and strong. Blood clots are known to trigger strokes and heart attacks.

Anti-cancer agent

If its resume weren't impressive enough, garlic is also believed to have some tumor-fighting abilities. In one study, subjects who ate two or three heads of garlic a day for three weeks showed significantly more activity in the specific white blood cells that attack tumors. These white blood cells were placed in a laboratory dish with cancerous cells. The garlic eaters' white blood cells killed over twice as many tumor cells as did the white blood cells of non-garlic eaters.

Garlic contains germanium and selenium. Germanium has been cited as a cancer-fighter because it triggers the circulation of oxygen throughout human organs. Selenium is a powerful antioxidant, neutralizing free radicals that otherwise damage

cells.

In a study reported in the *Journal of the National Cancer Institute*, researchers examined the diets of 1,800 Chinese people, including 685 diagnosed with stomach cancer. Those with stomach cancer were found to ingest significantly less garlic. The researchers concluded that a garlic-rich diet could reduce the risk of stomach cancer, according to *The Healing Herbs*.

Herbal expectorant and more

Garlic has been used historically as a natural expectorant. In *A Modern Herbal*, Mrs. Grieve recommends "syrup of garlic" for bronchial asthma. Garlic loosens and expels mucus. In an experiment cited in *New Encyclopedia of Common Diseases*, over 70 people with stuffed or runny noses took a mixture of garlic oil and water. In each case, congestion cleared up within 20 minutes.

Irwin Ziment, M.D., of the Los Angeles County-Olive View Medical Center in Van Nuys, California, observed that the British are more susceptible to bronchitis than the Mediterranean populations. Dr. Ziment attributes this to the different levels of garlic consumption. He believes that garlic may prevent bronchitis by loosening mucus, thereby blocking its buildup in the bronchi. This report was published in the *Journal of the American Medical Association*.

Garlic is widely used to treat a host of common ailments; intestinal parasites, inflammation, diabetes, ear infections, nausea, vomiting, colic, and dyspepsia. In addition, Japanese researcher Fujiwara discovered that garlic actually increases the body's ability to absorb vitamin B1. Because of this effect, garlic is said to help in cases of chronic inflammation of the nerves, mental depression, and liver and gall bladder damage. During World War I, garlic was applied as an antiseptic to wounds to control the formation and discharge of pus. In World War II, garlic was known to reduce the incidence of septic poisoning and gangrene among wounded soldiers.

Understanding the chemistry

The cardiovascular effects of garlic preparations **are** thought to be due primarily to a compound known as

allicin. Unfortunately, allicin is also the component in garlic that is responsible for its easily identifiable odor. There is a way to get around this problem and still get the full benefits of garlic—use "odorless" garlic products concentrated for alliin.

Alliin is relatively odorless, but it is actually the forerunner to allicin. Alliin is converted to allicin by the enzyme alliinase when it interacts with oxygen as occurs when garlic is cut or crushed. Alliin is relatively "odorless" until it is converted to allicin in the body. Products concentrated for alliin and other sulfur components provide all of the benefits of fresh garlic, but are more "socially acceptable."

Summary

The modern use of garlic is focusing on its cardiovascular benefits. These benefits are attributed to the pungent compound known as allicin. Commercial "odorless" preparations can be used effectively to lower cholesterol and blood pressure levels. In order to produce the desired results, consumers should select stable garlic preparations which can provide a daily dose of at least 8 mg. alliin or a total allicin potential of 4,000 mcg.

