

Garlic Plant is a plant in the Allium (onion) family. It is best known as a flavoring for food. But over the years, it has been used as a medicine to prevent or treat a wide range of diseases and conditions. The fresh clove or supplements made from the clove are used for medicine. Lets see some of the amazing health benefits of garlic plant here on this page.

## **Health Benefits of Garlic in Your Diet**

### **Improves Heart Health**

Garlic Plant is used for many conditions related to the heart and blood system. These conditions include high blood pressure, high cholesterol, coronary heart disease, heart attack, and "hardening of the arteries" (atherosclerosis). It also acts as an anticoagulant, which thins the blood and prevents the formation of dangerous blood clots, helping to reduce the risk of a heart attack or stroke.

### **Reduces Blood Pressure -Health Benefits of Garlic**

Health Benefits of Garlic: It may be effective in slowing the development of atherosclerosis and seems to be able to modestly reduce blood pressure.

### **Prevents Cancer**

Some people use garlic to prevent colon cancer, rectal cancer, stomach cancer, breast cancer, prostate cancer, and lung cancer. It is also used to treat prostate cancer and bladder cancer.

### **Kills Bacteria**

It kills a great number of various bacteria. It helps kill the cells of the malignant brain tumor.

### **Builds Better Immune System -Health Benefits of Garlic**

It is also used for building the immune system, preventing tick bites, and preventing and treating bacterial and fungal infections.

### **Fights Fatigue**

It is also used for fighting stress and fatigue and maintaining healthy liver function.

### **In Skin Care**

Some people apply garlic oil to their skin to treat fungal infections, warts, and corns.



### **Home Remedies of Garlic**

Also part of home remedies, it is used for curing ear infections. Once it is boiled, continue to crush it and wrap it up in a clean cloth. Like the salt treatment, place the cloth full of boiled garlic on the infected ear and use when needed.

### **Why Garlic is a Super Food to Increase Sperm Count, Fertility and Quality Naturally**

Human beings has been using garlic as spice in food and medical property to cure many diseases for hundreds of years. This odorous spice is beneficial to increase healthy sperm count. Garlic is a well known fertility enhancer for both women and men. For starters, garlic (up to 2 - 4 cloves daily) keeps you healthier which includes your entire reproductive system.

Garlic is also said to have blood cleanser properties that aids in circulation, meaning makes your stamina better to make a healthy baby. it is full of seenium as well as Vitamin C and B6, which prevents chromosome defects and damage.

Garlic is rich in allicin, which is known as an organosulfur compound, this compound improves blood flow to the sexual organs naturally, and encourages formation of sperm and it also prevents existing sperms from damage and regulates hormones. Thus it promotes healthy sexual performance, strong and hard erections. Garlic contains Vitamin B6 and selenium which gives protection to the sperms and it enhances the production of male hormones testosterone. Garlic is a super food that can enhance sexual fertility.

### **Uses of Garlic**

Garlic Bread

Garlic Recipes In Roasting and Cooking Dishes

Garlic Sauce

Clove and Spices

Garlic Butter

Chili pepper - Peppers

Mincing - minced

Steady Run