



Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development

Garlic

Legend: Garlic wards off evil spirits and vampires

Truth: Garlic can ward off heart disease, stroke, cancer, viruses and bad bacteria

Background Info

- Common Name: garlic
- Latin Name: *Allium sativum*
- Garlic is the edible bulb from a plant in the lily family and belongs to the same plant genus as onions, leeks and chives
- The three major types of garlic available in the United States and Canada are:
 - White-skinned, strong-flavored American garlic
 - Mauve-colored, milder-flavored Mexican and Italian garlic
 - Elephant garlic, which is very mild and not a true garlic
- It has been used as a medicine and spice for thousands of years

Health Info

- Garlic is rich in vitamins C and B6, selenium, manganese and a variety of sulfur compounds.
- The compound allicin, which helps to give garlic its pungent odor, is a powerful antibacterial and antiviral agent, helping to prevent colds and flu.
- Allicin has to be formed through an enzymatic process that requires you to chop or crush the garlic and wait several minutes before eating or cooking it.
- Garlic is commonly used as a dietary supplement for high cholesterol, heart disease and high blood pressure.
- Garlic is also used to prevent certain types of cancer, including stomach and colon cancers.
- Garlic cloves can be eaten raw or cooked and are also dried or powdered to be used in tablets and capsules. Raw garlic cloves are used to make oils and liquid extracts.
- Some evidence indicates that taking garlic can slightly lower blood cholesterol levels and studies have shown positive short-term effects (one to three months).
- Preliminary research suggests that taking garlic may slow the development of atherosclerosis (hardening of the arteries), a condition that can lead to heart disease or stroke.
- Some studies suggest consuming garlic as a regular part of the diet may lower the risk of certain cancers but no clinical trials have examined this.

- Garlic appears to be safe for most adults but side effects include breath and body odor, heartburn, upset stomach, and allergic reactions. These side effects are more common with raw garlic.
- Garlic can thin the blood (reduce the ability of blood to clot) in a manner similar to aspirin. This effect may be a problem during or after surgery. Use garlic with caution if you are planning to have surgery or dental work, or if you have a bleeding disorder.
- Always tell your health care providers about any complementary and alternative practices you use and give them a full picture of what you do to manage your health.

Cooking Info

- You can purchase garlic in powdered, frozen or paste forms, but fresh garlic has the best flavor and nutritional benefits.
- Store fresh garlic in a cool, dry, dark place and avoid freezing.
- Peel cloves by placing them flat side down on a cutting board and pressing down with the flat side of a wide knife until the skin splits.
- Remove garlic odor from your hands and fingers by rubbing them against stainless steel, such as a kitchen sink or inside of a spoon, with soap and running water for about one minute.
- Avoid cooking garlic too quickly or too much as it inhibits the enzymatic process and can destroy the healthy compounds.

References

Experience Life, July/August 2007

National Center for Complementary and Alternative Medicine, National Institutes of Health, <http://nccam.nih.gov/health/garlic/>

Mayo Clinic, http://www.mayoclinic.com/health/garlic/NS_patient-garlic

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