



Garlic

Allium sativum

JW Farms 7

The same antibacterial properties in fresh garlic can kill the bacteria that lead to food poisoning, including salmonella and E.coli.



Garlic is a plant in the onion family that's grown for its distinctive taste and health benefits. It contains sulfur compounds, which are believed to bring some of the health benefits.

Garlic is closely related to onions, shallots and leeks. Each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take.

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Garlic has known beneficial effects on common causes of chronic disease, so it makes sense that it could also help you live longer.

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Garlic appears to have some benefits for bone health by increasing estrogen levels in females, but more human studies are needed.

Garlic supplements seem to reduce total and LDL cholesterol, particularly in those who have high cholesterol. HDL cholesterol and triglycerides do not seem to be affected.



Garlic has high levels of Antioxidants, vitamins and minerals like Manganese, Vit B6, Vit C, Selenium, Fiber, Calcium, Copper, Potassium, Phosphorus, B1 and Iron. Just a 100 g proves 95% Vit B6, 52% Vit C, 33% Copper and 21% Iron.

Total measured antioxidant strength (ORAC value) is 5346 $\mu\text{mol TE}/100 \text{ g}$.

Once Clove contains potassium, iron, calcium, magnesium, manganese, zinc, and selenium

Colds
 Flu
 Boosts Immune System
 Reduces BP
 Cardiovascular
 Hypertension
 Cholesterol Leveler
 Alzheimer' s
 Dementia
 Detoxifier
 Removes Heavy Metals
 Food Protection
 Athlete's Feet
 Foreign Compound
 Detoxifier
 Radiation protection
 Strength Restoration
 Diabetes
 Reduces risk of Heart
 Attack
 Reduces risk of Stroke
 Heart Disease
 BLOOD THINNER
 Cancer
 Eczema
 Wrinkles
 Asthma
 Psoriasis
 Yeast Infections
 Hair Loss
 Bruising
 Skin
 Allergies
 Liver
 Ringworm



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Garlic leaves and stems are useable for dehydrating to make tinctures and infusions. The cloves are best used for pickling and cooking because of their density. You can freeze dry or dehydrate the garlic clove to make your powder and or salt. All parts of the plant are edible and useful.



The Anti' s:

Antioxidant
 Antifungal
 Antibiotic
 AntiCancer
 Antibacterial
 Antiviral
 Anti-diabetic
 Antimicrobial

BODY ODOR

The sulfide compounds in the garlic are metabolized to allyl methyl sulfide, which is excreted through sweat and breathe producing an unpleasant body odor and breath (halitosis).

