



## How to Consume Garlic for Health


Garlic has potent anti-viral, anti-bacterial and anti-fungal properties. It is used worldwide in the prevention and treatment of various infections, such as the common cold and influenza. Garlic is also very beneficial for cardiovascular health and decreases both cholesterol and blood pressure.

### Steps

- 1 Decide if you want to use raw garlic or garlic supplements.** The most common side effect of raw garlic consumption is offensive breath and body odor.
- 2 If you decide to take raw garlic, consume one or two cloves of raw garlic each day.**
  - Peel the garlic cloves.
  - Use a meat mallet to crush the cloves. This is necessary to release the active components of garlic.
  - Spread the crushed garlic on bread or mix with honey and then eat.
- 3 If you decide to use garlic supplements, look for the amount of allicin released.**
  - One clove of garlic contains between 24-56 mg of alliin. Alliin combines with the enzyme alliinase to make allicin. Allicin is the active component of garlic. It is produced from alliin when the garlic clove is chewed or crushed.
  - Take enough garlic supplements to equal one or two cloves of garlic. It is best if you are able to take these supplements daily, with food.

### Community Q&A


#### How much garlic is beneficial for blood pressure?

 Eat four to five pearls of garlic along with a small piece of ginger and three small onions during breakfast. It really helps.  
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#### I have been swallowing it whole, one clove a day. Is that OK?

 Yes.  
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#### I don't like eating raw garlic. Is there another way to eat it?

 Pour some honey in a spoon, add the finely crushed raw garlic on the honey, cover it with more honey and eat (no need to chew).  
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### Tips

- This is not a medicine - this can be eaten with your lunch or dinner.

## Warnings

- Do not take garlic if you are on anti-coagulant medication, anti-HIV medication or hypoglycemic drugs.
- If taking garlic supplements, always follow package instructions.
- If you are breastfeeding, raw garlic consumption may give your milk an "garlicky taste." This is harmless and most babies do not seem to mind.
- If you are pregnant, large doses of garlic may cause contractions so use caution and consult with your doctor.
- It is always wise to consult with a licensed medical professional before starting any supplements.

## Things You'll Need

- raw garlic or garlic supplements
- meat mallet (if using raw garlic)
- bread or honey if using raw garlic

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