Garlic Nutrition Facts

Interesting Facts:
Hippocrates would prescribe garlic to treat:
- Respiratory problems
- Parasites
- Poor digestion
- Fatigue
Garlic was used in WWI to treat wounds.

Health Benefits:
- Cancer - bioactive sulfur compounds
- Heart protection - reduces plaque build up
- High cholesterol/blood pressure - polysulfides open and widen blood vessels.
- Common cold - antimicrobial, antiviral, and antifungal properties
- Antioxidant

How to Store Garlic:
Room temperature in a dry and dark place.
Circulation is important so place in a wiremesh basket or open paper bag.

Other Uses:
- Used to treat ear infections.
- "Fire Cider" is used to prevent colds.
- "Black Garlic" is higher in antioxidants, made by letting regular garlic age in temperatures between 140-170 degrees for about 3 weeks.

References:
https://www.medicalnewstoday.com/articles/265853.php
https://diet.com/nutrition/7-raw-garlic-benefits-reversing-disease/