

The benefits of garlic

Garlic has been hailed for its ability to lower cholesterol, reduce the risk of cancer, boost immunity, curb high blood pressure and make blood less likely to clot.

When researchers looked at garlic-eating populations such as southern Italians and people in some provinces in China, they found lower rates of stomach cancer.

There are many ways garlic may thwart cancer. Garlic's sulfur compounds block the conversion of chemicals into cancer-causers in animal studies. Garlic's anti-oxidant components were even more powerful than vitamin E. The chemicals in garlic also cut the ability of platelets to clump together and stick to blood vessel walls. Just a clove a day can lower cholesterol levels by 9 percent.

VOCABULARIES:

Anti-oxidant: A substance (such as vitamin E, vitamin C, or beta carotene) thought to protect the cells of the body from the damaging effects of oxidation

Cholesterol: fats accumulated in the body

Questions for discussion:

1. What benefits can we get from eating garlic?
 2. Do you believe that garlic can prevent cancer?
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