

Chinese garlic

Garlic is the underground bulb of allium of liliaceae. Garlic whole plant has strong and pungent garlic smell, garlic head, garlic leaf (leek or garlic seedling) and flower moss (garlic plant) can be used as vegetable edible, not only can be used as seasoning, and can be used as medicine, is a famous food and medicine plant.

Garlic bulbs are rich in protein, oligosaccharides and polysaccharides, in addition to fat, minerals and so on. Garlic has a variety of biological activities, such as prevention and treatment of cardiovascular diseases, anti-tumor and disease-resistant microorganisms, long-term consumption can play a role in disease prevention and health care.



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What are the benefits of Chinese garlic?

1. Anti-inflammatory sterilization

Garlic is a natural plant antibiotic. The common purple garlic, it contains the garlic hot element has the obvious antiseptic anti-inflammatory effect, for the upper respiratory tract and digestive tract infection, cryptosporidium infection, fungal keratitis has the obvious effect.

In addition, garlic contains a spicy element called "propylene sulfide", its bactericidal ability can reach one tenth of penicillin, to the human body pathogens, parasites have an effective killing effect, it can prevent influenza, prevent wound infection and treat infectious diseases and deworming.

2.Prevention and treatment of tumors and cancers

According to the research, garlic contains a kind of sulfur compound can act on the tumor "generation stage", enhance the detoxification function of the human body, interfere with the activation of carcinogens, prevent the formation of cancer, enhance the immune function.

The sulfur compounds also block the formation of lipid peroxidation and resist mutations that prevent normal cells from turning cancerous.

Garlic also contains germanium, selenium and other elements that inhibit the growth of tumour cells and cancer cells.

According to the authoritative cancer organization, the plant with the greatest potential to fight cancer in the world is garlic, which we often eat.

3.Lower blood lipids and cholesterol

Garlic can act as a scavenger in the blood vessels, and it contains some active ingredients that lower blood lipids and cholesterol. According to statistics, eating garlic for four weeks can reduce total cholesterol levels to 12 %. Stick with eating garlic and the cholesterol-lowering benefits will last.

Garlic can also effectively prevent and reduce the accumulation of arterial fatty plaques, prevent the formation of thrombosis, play a role in reducing blood lipids. If can control the level of human body fat, cholesterol in the normal range, can avoid arteriosclerosis caused by the disease of the heart and blood vessels.

In addition, garlic can also eliminate peroxides damage to the vascular wall, for the health of the vascular system plays a good role.

4.Antiplatelet coagulation

Garlic essential oil can inhibit platelet aggregation. The principle is that this garlic essential oil improves the physical and chemical properties of the platelet membrane, which affects the function of releasing and extracting platelets, inhibits the binding of platelets and

fibrinogen, and affects the function of platelets.

5.Lower blood pressure

Regular consumption of garlic also has a certain antihypertensive effect.



China is one of the countries with the largest garlic acreage and yield in the world. Garlic in China has more than 2000 years of cultivation history, not only the cultivation history is long, but also the cultivation area is large, the yield is high. Garlic growing areas are widely distributed in jinxiang, cangshan and guangrao counties of shandong province, yongnian county of hebei province, qixian county of henan province, dafeng city of northern jiangsu province, pengzhou city of sichuan province, Dali bai autonomous prefecture of yunnan province, xinjiang and other garlic producing areas.

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