

How can eating raw garlic improve your health?

More and more numbers of people throughout the world are identifying the numerous benefits of consuming raw garlic. Garlic is considered as one of most potent natural immune system boosters. It has also been identified as a powerful digestive aid, antibiotic and libido enhancer. Some of the medicinal benefits of garlic are discussed below.

Consuming raw garlic in the right quantity can not only make your immune system stronger but can also increase the production of white blood cells in your body. It acts as an efficient antibacterial and antiviral agent. It also performs the functions of an antifungal and offers effective treatment in case of yeast infections and Candida.

Studies have proven that garlic helps to improve the appetite of people. Use of garlic in meat preparations and other heavy dishes also makes them easy to digest. Consumption of 1 to 2 raw garlic cloves can increase libido and also reduce high cholesterol levels. It is known to help eject intestinal parasites and worms from the body. At last but not the least, it helps to clear infected sores and boils.

However, one should not consume too much of garlic as it can cause certain side effects. Especially those people, who have too much heat in their body, should avoid eating garlic as it increases the body heat. Too much of heat in the body can cause a number of health problems such as constipation, yellow urine, a rapid pulse, hot flushes, irritability, acne and yellow tongue moss.

Therefore, consume garlic in the right amount and benefit from its medicinal qualities.