

Use This Daily and Fight High Blood Pressure, Heart Disease and Even Cancer Naturally!

Dear Health Connoisseur,

Can you imagine a life free of disease and pain? Because you're an expert in nutrition, I know you'd want to know about this. There's a supplement that was discovered thousands of years ago for its medicinal purposes, that I'm sure you'd be interested in. Its use was well documented by all the major civilizations, including the Egyptians, Babylonians, Greeks, Romans and Chinese.

It has many well-known health benefits, the most popular being its anti-infection uses and overall power to boost the immune system. This nutritional supplement can be used for such things as bites, tumors, wounds, headache, cancer and heart disease.

During World War I and II, soldiers were given this to prevent gangrene. It was also used as an antiseptic and applied to wounds. It possesses anti-viral, anti-bacterial and anti-fungal properties allowing it to stand against all infections.

Like me, you'll be both astonished and flabbergasted once you know what it is. My mother used it every day and I saw firsthand how it actually helped reduce her high blood pressure. It also lowered her cholesterol, therefore making it less likely of her having a heart attack.

It's been cultivated for thousands of years and has also been used as a pungent flavoring agent for cooking. This herbal extract is available in its fresh natural state, (which you yourself can grow and culminate) or in the form of a supplement. This supplement is available in the form of a tablet or a capsule. Either way the benefits are astronomical as well as nutritious.

What is this mystery supplement you say?

This mystery supplement is *GARLIC*...and studies have shown that if used regularly it can make you feel better than you have in years.

It contains a compound called Allicin, which has potent Medicinal Properties. It's highly nutritious...and for those watching their weight has very few calories.



Imagine, something that's great for your health and your self-esteem...a plus within itself.

Garlic is an herb that is grown around the world. It is related to the onion, leeks, and chives. It is thought that garlic is native to Siberia, but spread to other parts of the world over 5,000 years ago.

Its *Health Benefits* are astounding and here are some of them:

Garlic Can Combat Sickness, Including the Common Cold.

One large 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared with placebo.

Another study found that a high dose of garlic extract (2.56 grams per day) can reduce the number of days sick with cold or flu by 61%.



Its supplementation is known to boost the function of the immune system. A garlic extract is supposed to be more concentrated than fresh or dried garlic.

1 ounce (28 grams) of garlic contains:

- Manganese – 23% of RDA
- Vitamin B6 – 17% of RDA
- Vitamin C – 15% of RDA
- Selenium – 6% of RDA
- Fiber – 1 gram

Decent amounts of Calcium, Copper, Potassium, Phosphorus, Iron and Vitamin B1 are also found in garlic. It also contains trace amounts of various other nutrients. In fact, it contains a little bit of almost everything we need.

Garlic is a Powerful Cancer Fighter.

Garlic's role in the prevention of cancer is perhaps one of the most notorious. Scientists believe that the exceptional anti-cancer properties may have to do with the way that garlic boosts the production of something known as hydrogen sulfide. It is the hydrogen sulfide production that researchers believe to be why garlic is so effective at preventing a wide variety of cancer including, prostate, breast and colon cancer.



The Active Compounds of Garlic Can Reduce Blood Pressure

Cardiovascular diseases like heart attacks and strokes are the world's biggest killers.

High Blood Pressure or hypertension is one of the most important drivers of these diseases.

Human studies have found garlic supplementation to have a significant impact on reducing blood pressure in people with high blood pressure.

In one study, aged garlic extract at doses of 600-1500mg was just as effective as the drug Atenolol at reducing blood pressure over a 24 week period.



Garlic Improves Cholesterol Levels, Which May Lower the Risk of Heart Disease

Garlic can lower Total and LDL cholesterol.

For those with high cholesterol, garlic supplementation appears to reduce total and/or LDL cholesterol by about 10-15%.

Garlic Contains Antioxidants That May Help Prevent Alzheimer's Disease and Dementia.

Oxidative damage from free radicals contributes to the ageing process. Garlic contains antioxidants that support the body's protective mechanisms against oxidative damage. High doses of garlic supplementation have been shown to increase antioxidant enzymes in humans, as well as significantly reduce oxidative stress in those with high blood pressure.

Garlic May Help You Live Longer

Effects on longevity are basically impossible to prove in humans. But given the beneficial effects on important risk factors like high blood pressure, it makes sense that garlic could help you live longer. Garlic has known beneficial effects on common causes of chronic disease, so it makes perfect sense that it could help you live longer.



Athletic Performance Can Be Improved with Garlic Supplementation

Garlic was one of the earliest "performance enhancing" substances. It was traditionally used in ancient cultures to reduce fatigue and enhance the work capacity of laborers.

Most notably, it was administered to Olympic athletics in ancient Greece.

Eating Garlic Can Help Detoxify Heavy Metals in the Body

At high doses, the sulfur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity. A four week study in employees of a car battery plant (excessive exposure to lead)

found that garlic reduced lead levels in the blood by 19%. It also reduced many clinical signs of toxicity, including headaches and blood pressure.

Garlic May Improve Bone Health

One study in menopausal women found that a daily dose of dry garlic extract (equal to 2 grams of raw garlic) significantly decreased a marker of estrogen deficiency. This suggests that this garlic may have beneficial effects on bone health in women.

Garlic Is Easy to Include in Your Diet and Tastes Absolutely Delicious

The last one is not a health benefit, but still important. It is the fact that it is very easy (and delicious) to include garlic in your current diet.

It compliments most serving dishes, particularly soups and sauces. The strong taste of garlic can also add a punch to otherwise bland recipes.

The best way to consume garlic is raw, or to crush and cut it and leave it out for a while before you add it to your recipes.



And if that's not enough to convince you...Listen to what these people have to say:

I had high blood pressure for over ten years and took the normal acceptable prescriptions for it. Started taking garlic twice a day, 2,000 mg per pill for a total of 4,000 mg per day. I have seen a 7 to 10 percent drop in my blood pressure, at the age of 65 and having a history of high Blood Pressure. I am very pleased; the cost of garlic is very affordable. Make sure you get a good quality manufacturer and a quantity of pills for just a few dollars. God Bless.

Shelly Fitzpatrick

I have been taking Garlic raw for 15 years and in all that time I have never had a cold, flu or been sick. It's fantastic.

Greg Sherwood

My experience with garlic has been great. I started for my blood pressure and not only did it help that but also common colds are all but gone. Over all, my energy level is better and I feel a lot better. I'm glad I tried it; it's worth the few bucks that I paid for it and more.

Harvey Lintel

And guess what, here are some ***SURPRISING*** benefits per Reader's Digest, I know you'd never even think of and neither did I.

1.) Grow Beautiful Hair with Garlic.

Garlic could end your hair loss problems because of its high levels of Allicin, a sulfur compound similar to that found in onions, which were found to effectively treat hair loss. Rub sliced cloves of garlic on your scalp, squeezing as you go for the most benefit. You can also infuse oil with garlic and massage it into your scalp.

2.) Garlic Clears Acne

It might not be a main ingredient in your drugstore acne medication, but garlic makes a great natural remedy to banish unsightly blemishes. Its antioxidants kill bacteria, so rub a sliced clove of garlic on the pimple for an effective topical treatment.

So with that being said, start today and take control of your overall health and well-being by incorporating garlic into your diet and daily routine. Remember it can be taken fresh or in supplement form. Either way you have nothing to lose but plenty to gain.

Sincerely,

Rita Johnson

P.S. You can increase the health benefits you receive from garlic by letting it sit after you've chopped it or crushed it. If you give your chopped/crushed garlic time to sit before changing its temperature (through cooking) or its pH (through the addition of acidic food like lemon juice), it will give the alliinase enzymes in garlic an opportunity to work on behalf of your health.