

In the 1920's the American slang term for garlic was "Bronx Vanilla" garlic didn't become popular in the U.S. until the 1940's.

GARLIC

JUST CRUSH IT

OVER
300
VARIETIES

a/k/a the Stinking Rose -- but it's actually part of the lily family
Here are the top 5 reasons you should adore the humble garlic clove

1

Allicin - Heart Attack Preventer

This antioxidant helps prevent the most common cause of heart attacks and strokes & is only formed when crushed - it produces an instant reaction to neutralize free radicals.

2

Immediately Lowers Your Blood Pressure

UAB researchers found that when crushed garlic was eaten this directly caused blood vessel relaxation of up to 72%.

3

Applying garlic topically (direct contact) can kill bacteria

4

Cold Prevention

Studies showed that participants receiving garlic were almost two-thirds less likely to catch cold.

5

Stomach & Colon Cancer Prevention

Sulfur compounds in garlic may stimulate the immune system's natural defenses against cancer, results show garlic can reduce the incidence of stomach cancer by as much as a factor of 12!



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