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MIRACLE GARLIC

By Rick Haydan

TWO cloves of raw garlic a day can keep the doctor away by combating cancer, heart disease and a host of other illnesses, including even colds and flu, say medical experts.

"Garlic seems to really have an anti-cancer effect," says Dr. Konstantin Spachov, a noted gastroenterologist. "According to scientists at the University of North Carolina, people who eat garlic regularly suffer bowel cancer 70 percent less frequently than people who don't."

In another study, Professor Nariaki Matsuura of Japan's Osaka University Graduate School of Medicine proves that garlic cuts off the blood

Docs say just 2 cloves a day fights:

- Cancer
- Arthritis
- Heart disease
- Diabetes
- Colds & flu

supply to colorectal cancer tumors.

"Essentially, it starves the cancer cells," he says.

Not just a folk remedy

Garlic has gone from folk remedy to one of the hottest trends in the medical world ever since Washington's Georgetown University hosted an international research symposium on the herb's healing powers.

"All people with cardiac diseases should eat garlic even if they take heart medication," says Spachov. "Garlic com-

bines with other medications and helps reduce people's blood pressure and cholesterol levels."

UCLA cardiologist Dr. Matthew Budoff adds: "Garlic helps control blood pressure, cholesterol and platelet aggression."

For best results, experts generally recommend consuming two raw cloves a day, but beating down a cold or flu bug can require a double dose.

"Garlic is a wonderful natural product that really helps during seasonal ailments,"

says Spachov.

To enhance the herb's potency, mash or crush the cloves and let them stand in the open air for 10 to 15 minutes before eating.

"The cloves can also be divided into small portions and added into different dishes to reduce the herb's major side effect — the unpleasant smell," says Spachov.

Lowers blood sugar

People suffering from adult onset diabetes — aka Type-2 diabetes — can also benefit from the garlic treatment.



"Garlic lowers the blood-sugar level and prevents the formation of the damaging byproducts created when cells break down sugar for energy," says Spachov.

And the herb can even slash the pain of arthritis by short-circuiting pain sensors, says Dr. Jacob Teitelbaum, author of Pain 1-2-3 (Deva Press).

"The sulfur compounds in garlic essentially shoot the pain messenger," says Teitelbaum. "Also, a compound found in garlic called allicin kills any infections that can cause more pain."