



# How to Boost Your Health with Garlic

**Two Parts:**    [Incorporating Garlic into Your Diet](#)    [Using Garlic Products for Your Health](#)

Garlic may be a great way to ward off vampires, but it can also do the same for illness. Garlic has compounds that can promote heart health by limiting fats in your blood, relax muscles, and lower blood pressure slightly.<sup>[1]</sup> It can also increase immune function and help control high cholesterol.<sup>[2]</sup> The benefits of garlic are not medically proven and you should always speak to your doctor before using supplements or alternative treatments.<sup>[3]</sup> You may boost your health by incorporating garlic in your diet and using products made from this vegetable.

Part  
1

## Incorporating Garlic into Your Diet

**1 Eat raw garlic.** Include at least one serving—or a ½ clove—in your meal plan every day.<sup>[4]</sup> Many people like to cook garlic in their dishes, but raw garlic is just as tasty. Having a mixture of raw and cooked garlic is the best way to get the health benefits of this vegetable. Crushing, chopping, or mincing garlic can best release the compounds that benefit for your health.<sup>[5]</sup> Eating raw garlic can also have additional benefits to cooked garlic. This includes relaxing smooth muscles in your blood vessels, which in turn dilates them and drops your blood pressure.<sup>[6]</sup> Some ways to enjoy raw garlic include:

- Mixing chopped or minced garlic with fresh tomatoes and basil. Use this delightful mixture on top of pasta, bread, or a salad.
- Adding garlic to salsa or guacamole<sup>[7]</sup>
- Making pesto
- Slicing garlic onto a salad
- Spreading minced or crushed garlic on toast and rubbing it with a tomato
- Blending a tomato, lemon, and garlic juice<sup>[8]</sup>

**2 Cook with garlic.** Raw garlic is the optimal way to get its benefits. However, you can still boost your health by cooking with garlic. If you're using garlic in a recipe, use at least 1-2 cloves per dish.<sup>[9]</sup> As with raw garlic, make sure to crush, chop or mince it to release the compounds that boost health.<sup>[10]</sup> Allow it to sit for 15 minutes to get maximum benefits from your garlic.<sup>[11]</sup> Some ways to cook garlic in your meals include:<sup>[12]</sup>

- Marinating meat or tofu in a garlic rub
- Simmering a garlic soup<sup>[13]</sup>
- Whipping up a pasta dish with greens and garlic<sup>[14]</sup>
- Throwing garlic into a vegetable dish
- Mashing garlic into potatoes<sup>[15]</sup>

**3 Try garlic oil.** Garlic is a great flavoring for any dish. You can bring more garlic and its flavor into your food by using garlic-infused oil to prepare dishes. Garlic oil can also have the added health benefit of reducing a pimple or relieving psoriasis when rubbed on the affected area.<sup>[16]</sup>

- Get garlic oil in a food or health store. Consider infusing your own, which can ensure you get a high dose of garlic in the oil.<sup>[17]</sup> Use whole cloves of garlic and cook at 350 degrees Fahrenheit (175 degrees Celsius) for 20-30 minutes. Then cook in the oil for 5 minutes before funneling the infused oil into a container.<sup>[18]</sup> For maximum health benefits, lower the cooking temperature to 250 degrees Fahrenheit (121 degrees Celsius).<sup>[19]</sup>

**4 Brew a garlic tea.** Warm tea is a comforting way to get through a cold. Brewing a tea of garlic can comfort you and may help boost your immune system. Steep a clove of chopped or minced garlic in hot water for a few minutes. Then strain the garlic bits out and enjoy your tea.<sup>[20]</sup>

- Add a bit of honey or ginger to make the taste of the tea better.

**5 Minimize garlic breath.** Garlic is great for your health, but can also repel vampires as well as your friends, family, and colleagues from you. Garlic breath may be a concern if you are eating it daily for your health. You can minimize the effect of garlic on your breath by:<sup>[21]</sup>

- Eating it with an apple
- Mixing it with apple cider vinegar and water
- Mixing it with water and honey
- Eating a lemon with it

## Part 2 Using Garlic Products for Your Health

**1 Swallow dried garlic capsules.** It's best to boost your health with fresh garlic. However, you can also boost your health by using dried garlic capsules. You can get these at most health food stores and vitamin or wellness retailers.<sup>[22]</sup>

- Read product labeling to ensure that your chosen capsule has allium in it, which is important for repeating its health gains. Following dosing instructions to ensure you get maximum health-boosting benefits.<sup>[23]</sup>
- Avoid purchasing dried garlic tablets. The process used to make these destroy the health compounds in garlic.

**2 Take a garlic supplement.** Using a supplement is a good way to enhance eating garlic. Add a regimen of supplements to your daily routine may have additional health-boosting benefits.<sup>[24]</sup>

- Speak with your doctor before taking garlic supplements. You may have a condition or take other medications that shouldn't be mixed with garlic. Ask your doctor to recommend a high-quality garlic supplement if you want to try one.<sup>[25]</sup>
- Consider consulting a natural health professional about choosing the best quality supplement for your health.
- Purchase a garlic supplement that is between 200 and 400 milligrams. Take one supplement pill three times daily for at least one month to boost your health.<sup>[26]</sup>

**3 Consider allium or garlic powder.** In some cases, using a garlic powder may be a more convenient way to get your garlic. Just like with other garlic products, this may not have the same health benefits as fresh garlic.<sup>[27]</sup> Consider using garlic—or allium—powder to boost your efforts through diet and capsules or supplements.<sup>[28]</sup>

- Pay attention to the amount of allicin, or garlic, on the product packaging. A natural health professional can help you identify a quality garlic powder for your health.<sup>[29]</sup>
- Recognize that garlic powder may be a better option if you are watching calories, though fresh garlic is also low in them.<sup>[30]</sup>

## Warnings

- Recognize that some people are sensitive and/or allergic to garlic.<sup>[31]</sup> Symptoms of a garlic allergy include: irritation and/or inflammation in the nose, hives, skin swelling, and asthma.<sup>[32]</sup>

## Sources and Citations

1. <http://newsnetwork.mayoclinic.org/discussion/supplements-to-avoid-when-dealing-with-high-blood-pressure/>
2. <http://www.healthline.com/health-slideshow/foods-healing-power-garlic>
3. <http://newsnetwork.mayoclinic.org/discussion/supplements-to-avoid-when-dealing-with-high-blood-pressure/>

Show more... (29)