

# Topic of the Week

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WE CARE ABOUT YOUR HEALTH

## Garlic: A Gift for Good Health

Presented by: Mark J. Glesener, DC

Garlic was acclaimed for its healing properties across the ancient world - from Greek physicians like Hippocrates and Dioscorides to Roman philosopher Pliny the Elder. The builders of the great Giza pyramids of Egypt it consumed garlic because they believed increased stamina and prevented disease. In China, garlic was prescribed to help digestion and boost the immune system.

It's a prominent ingredient in the cuisine of the Mediterranean and the Far East. But garlic was not widely used in North America until the middle of the twentieth century when immigrant cuisine started to impact the dining mainstream.

Garlic belongs to the Alliaceae family of vegetables, which also includes leeks, onions and chives. The sulfur content of garlic delivers its pungent taste and odor. It also contains antioxidant flavonoids and the mineral selenium, which are known for their advantageous effects.



Presented by:

Fox Valley Chiropractic, Dr. Glesener, Fox Valley Chiropractic  
1750 East Main Street, Suite 60, St. Charles, IL 60174, (630) 377-8844  
www.drglesener.com,

But what are the specific health benefits of garlic? There has been quite a bit of scientific study on this topic in the last several decades. Garlic shows it has anti-viral and anti-bacterial properties. In fact, one of garlic's main medicinal uses throughout its long history has been to combat gastrointestinal parasites. Recent research also points to garlic's positive effect on cardiovascular health and how it may prevent some cancers.

### Garlic Keeps You Young at Heart

For heart health, garlic helps open blood vessels and lowers LDL "bad" cholesterol as well as cutting overall levels of cholesterol. In a review of studies on garlic and cholesterol published in the *Annals of Internal Medicine*, researchers remarked, "Meta-analysis of the controlled trials of garlic to reduce hypercholesterolemia showed a significant reduction in total cholesterol levels. The best available evidence suggests that garlic, in an amount approximating one half to one clove per day, decreased total serum cholesterol levels by about 9% in the groups of patients studied."<sup>1</sup>

### Exercise of the Week

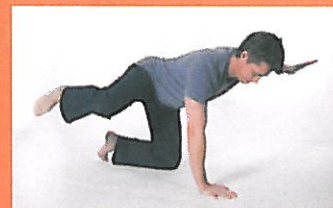
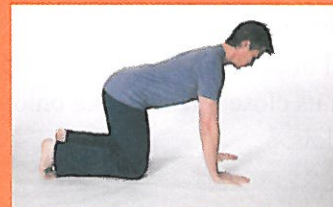
Lumbar stabilization (stage 2)

Difficulty: Easy to moderate

(Consult your chiropractor before starting this or any other exercise.)

**Start:** On hands and knees. Be aware of position of spine – start with a neutral spine or a flat back. Engage inner abdominal muscles by bringing belly button inward.

**Exercise:** Keeping spine steady, bring one elbow out to side, arm bent to 90 degrees with hand at same level as elbow. Then, bring opposite knee out to side, leg bent to 90 degrees with foot at same level as knee. Balance and hold for 10-15 seconds. Switch arm/leg, balance and hold for 10-15 seconds. Perform 3-5 sets of this exercise per side.



It also reduces triglycerides, a type of fat that can contribute to coronary artery disease when it circulates at elevated levels.

## Garlic and Cancer Prevention

Substances within garlic seem to have the ability to repair damaged DNA and block cancer cell development and spread.

Research indicates that increasing garlic consumption may lower the incidence of cancer of the breast, pancreas, stomach and colon.

For many years, scientists have been puzzled by how exactly garlic works to protect the body from cancer. It doesn't appear to be as high in antioxidants as many other vegetables. But last year scientists discovered a clue to garlic's potency. And it may be related to the speed of specific chemical reactions.

Research conducted in Canada and published in an international chemistry journal shows that when *allicin*, a compound found in garlic, starts to decay it creates an acid that attacks dangerous free radicals faster than any known anti-oxidant substance. Garlic's level of this acid seems to be higher than its close relatives like onions and shallots. <sup>2</sup>



## Proof of AGE

In particular, aged garlic extract (AGE) seems to provide the greatest health benefits: "Substantial experimental evidence shows the ability of AGE to protect against oxidant-induced disease, acute damage from aging, radiation and chemical exposure, and long-term toxic damage. Although additional observations are warranted in humans, compelling evidence supports the beneficial health effects attributed to AGE, i.e., reducing the risk of cardiovascular disease, stroke, cancer and aging, including the oxidant-mediated brain cell damage that is implicated in Alzheimer's disease."<sup>3</sup>

## A Clove a Day...

How much garlic do you need to consume daily to enjoy therapeutic benefits? According to the World Health Organization, for general health promotion:

- Fresh garlic: 2 to 5 grams (approx. one clove)
- Dried garlic powder: 1.2 grams
- Garlic oil: 2 to 5 milligrams
- Garlic extract: 300 to 1,000 milligrams

## Quote of the Week

"Take care of your body. It's the only place you have to live."

- Jim Rohn

For more health tips, visit online [www.citruspie.com](http://www.citruspie.com)



## References and Sources:

1. Effect of Garlic on Total Serum Cholesterol: A Meta-Analysis - *Annals of Internal Medicine*, vol. 119, no. 7, Part 1 599-605.
2. Garlic: Source of the Ultimate Antioxidants - Sulfenic Acids - *Angewandte Chemie International Edition*, volume 48, issue 1, pages 157 - 160.
3. Antioxidant health effects of aged garlic extract - *J Nutr.* 2001 Mar; 131(3s): 1010S-5S.



## Topic of the Week

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Writer/Editor: David Coyne

Writer: Dr. Christian Guenette, DC

Design: Elena Zhukova

Photos: Fred Goldstein

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