

# Natural Health News

August 2015

EVERGREEN SPA & WELLNESS  
ELY, MN

## GARLIC AS MEDICINE

Sonja Jewell  
NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

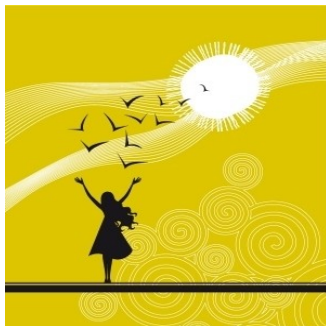
**STORE HOURS:**

Tuesday – Saturday  
9 am-5 pm

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MONDAYS

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"Let food be thy medicine and medicine be thy food." Those are famous words from the ancient Greek physician Hippocrates, often called the father of Western medicine, who recommended garlic to treat a variety of medical conditions. Modern science has confirmed many of garlic's beneficial effects. Here are ten health benefits of garlic that are supported by research studies. **1. Garlic contains a compound called *allicin***, which has potent medicinal properties. When garlic is chopped, crushed, or chewed this sulfur compound is formed and is also responsible for the distinct garlic smell. *Allicin* enters the bloodstream from the digestive tract and travels throughout the body, exerting potent biological effects. **2. Garlic is highly nutritious.** One ounce of garlic contains only 42 calories and many nutrients, including: vitamins B1, B6, and C; the minerals manganese, selenium, calcium, copper, potassium, phosphorus, and iron; 1 gram of fiber, 1.8 grams of protein, and 9 grams of carbohydrates; as well as trace amounts of various other nutrients. **3. Garlic can combat sickness**, including the common cold. Garlic supplementation is known to boost the function of the immune system. A large 12-week study found that a daily garlic supplement reduced the number of colds by 63 percent. The average length of cold symptoms was reduced by 70 percent. **4. The active compounds in garlic can reduce blood pressure.** Heart attacks and strokes are among the most common causes of death and disability, and high blood pressure is one of the most important drivers of these conditions. Studies have found that garlic supplementation can significantly help lower elevated blood pressure. The amount of *allicin* needed is equivalent to that found in about four cloves of garlic per day. **5. Garlic improves cholesterol levels**, which may lower the risk of heart disease. For those with high cholesterol, garlic supplementation appears to reduce total and/or LDL cholesterol levels by about 10—15 percent. However, it has no reliable effect on HDL and does not appear to lower elevated triglyceride levels, another known risk factor for heart disease. **6. Garlic contains antioxidants** that may help prevent Alzheimer's disease and dementia. Oxidative damage from free radicals contributes to the aging process. Garlic contains antioxidants that support the body's protective mechanism against oxidative damage. **7. Garlic may help you live longer.** Effects on longevity are basically impossible to prove in humans, but given garlic's beneficial effects on important risk factors such as high blood pressure, it makes sense that it could help you live longer. The fact that it can help fight infectious diseases is also an important factor, because these are common causes of death, especially in the elderly and people with dysfunctional immune systems.

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**8. Athletic performance can be improved.** Garlic was one of the earliest “performance-enhancing” substances. It was traditionally used in ancient cultures to reduce fatigue and increase the work capacity of laborers. Most notably, it was administered to Olympic athletes in ancient Greece. **9. 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. It is also able to reduce many clinical signs of toxicity, including headaches and high blood pressure. Three doses of garlic each day even outperformed the drug D-penicillamine in symptom reduction. **10. Garlic may improve bone health.** Although no human trials have measured the effects of garlic on bone loss, rodent studies have shown that it can minimize bone loss by increasing estrogen in females. One study of 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 garlic may have beneficial effects on osteoarthritis. For thousands of years, garlic was believed to have medicinal properties. We now have the science to confirm it. The minimum effective dose for therapeutic effects is one clove eaten raw with meals, two or three times a day. However, keep in mind that there are some people who are allergic to it. If you have a bleeding disorder or are taking blood-thinning medications, talk to your doctor or health practitioner before increasing your garlic consumption. Note that the active compound *allicin* only forms when garlic is crushed or cleaved raw. If you cook it before crushing it, it won't have the same health effects. Therefore, the best way to consume garlic is raw, or crush and cut and leave it out for a while before adding it to your recipes. Garlic is easy to include in your diet and tastes absolutely delicious. It complements most savory dishes, particularly soups and sauces. The strong taste of garlic can also add a punch to otherwise bland recipes. Garlic comes in several forms, from whole cloves and smooth pastes to powders and supplements such as garlic extract and garlic oil. For a satisfying salad dressing, press a few cloves of fresh garlic, then mix with extra virgin olive oil and salt.

## AUGUST SPECIALS

Barbara's Bakery—Cheese Puffs	30% OFF
Dang—Coconut Chips, assorted	30% OFF
Field Day—Organic Pretzels, 8 oz.	30% OFF
Funky Monkey—Crunchy Fruit Snacks, 1 oz.	30% OFF
Honey Acres—Honey Mints in pouch, 6.25 oz.	30% OFF
Mediterranean Organic—Preserves, 13 oz. assorted	30% OFF
Organico Bello—Organic Tomato Basil Sauce, 25 oz.	30% OFF
R.W.Knudsen—Blueberry Pomegranate Juice, 32 oz.	30% OFF
Back to Nature—Sprouted Cereal (GF), 10 oz.	30% OFF
Natures' Earthly Choice—Organic Quinoa, 12 oz.	30% OFF
Nature's Earthly Choice—Organic Lentil Trio, 12 oz.	30% OFF
AND MANY MORE ITEMS!	

## GARLIC BISQUE

Place 2—3 TBSP. olive oil in a pot and add 15 to 20 cloves garlic (peeled and crushed). Sauté on medium heat. Let garlic roast in oil, stirring often. Then add 1 chopped onion and 1 sliced leek and 2 TBSP. fresh thyme; let cook together 5 minutes, stirring often. Add 2 potatoes (peeled and sliced) and 4 to 5 cups chicken stock. Bring to a boil and let simmer until potatoes are soft. Place soup in blender and puree. Add 1 quart heavy cream and blend. Season with white pepper and salt. Garnish with croutons and Parmesan cheese or chopped chives. Enjoy!



Organic Roots  Bistro

### AUGUST HOURS:

TUESDAY through THURSDAY 9 AM—6 PM

FRIDAY & SATURDAY 9 AM—8 PM

Closed Sunday & Monday

LUNCH SERVICE 11 AM—2 PM DINNER SERVICE 5 PM—8 PM

*Dinner reservations are recommended!*