

**DID YOU THINK THAT
GARLIC
WAS JUST A
POWERFUL WEAPON
AGAINST VAMPIRES?**



YOU ARE WRONG!!!!

***GARLIC IS AN EXCELLENT
REMEDY FOR YOUR HEALTH
PROBLEMS***

- **Garlic clears acne:** garlic makes a great natural remedy to banish unsightly blemishes. Its antioxidants kill bacteria.



- **Garlic prevents and treats colds:** If a cold does sneak by, try sipping garlic tea: steep chopped or minced garlic in hot water for several minutes, then strain and drink. It might taste disgusting but it works!!



- **Control your weight with garlic:** garlic could help you control your weight. Try to cook with garlic daily for tasty and waist-friendly meals.





- **Protect plants with garlic:** garden pests don't like garlic, so make a natural pesticide using garlic, mineral oil, water, and liquid soap. Pour into a spray bottle and mist your plants to keep away destructive critters.

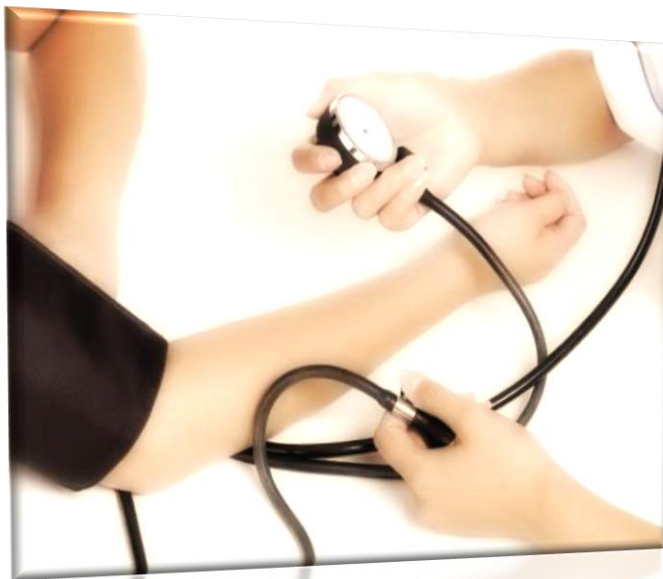
- **Garlic to the skin and hair:** gives a healthy look the skin and promotes hair growth,



thanks to the presence of the folic acid.

But especially garlic is used to counteract high blood pressure!!!

Garlic is definitely the most effective natural remedy. The active ingredient that contains within it, allicin, has beneficial properties that



make the blood more fluid. The safe way to lower blood pressure with garlic is to eat 1 to 3 cloves raw or undercooked every day.