

What effect does black garlic eat? How to eat black garlic to be effective

Many people who have ear buds eat black garlic to get better but not all of them really understand what black garlic works?

Black garlic is one of the very healthy foods. So what is the effect of eating black garlic? How to eat black garlic to get the best effect? Do not miss the TipsMake.com article if you are also wondering about this issue!

Instructions to eat black garlic properly

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What effect does black garlic eat?

What is black garlic?

Black garlic has an English name of black garlic. The garlic is black, sweet and no pungent smell. To produce black garlic people will ferment fresh garlic under strict conditions from 40-60 days. When fermented, garlic will create healthy substances such as: S-allyl cysteine, Diallyl Trisulfide, .



Black garlic is black, sweet

Effect of black garlic

What effect does black garlic have? What does black garlic treat? These are any questions that are asked when looking for this product. In fact, many studies have shown that black garlic is very good for human health. Specific uses of black garlic include:

Cancer prevention and cholesterol reduction: In black garlic contains large amounts of S-allylcysteine ?? and a derivative of amino acid cysteine. These are two active substances that reduce cholesterol and reduce the risk of cancer.

Helps the body increase resistance, fight infection : The active ingredient of S-allylcysteine ?? in black garlic helps alliin easier to metabolize, thereby improving the body's ability to protect itself against the attack of bacteria. , virus.

Support for inhibiting tumor formation: By enhancing the immune system, black garlic has the effect of supporting the body to eliminate the tumor's metastasis ability, inhibiting tumor cell replication. In addition, organic sulfur compounds, tetrahydro carboline derivatives in black garlic can resist free radicals and inhibit lipid peroxidation.

Preventing and supporting the treatment of high blood pressure, cardiovascular disease: Studies of Akita University, Japan have shown that continuous use of black garlic for 14 days can reduce blood pressure up to 34 , 6% and does not affect normal blood pressure.

Slowing down the aging process: In black garlic contains many substances against oxidation to help fight free radicals, slowing down the aging of many cells.

Preventing and supporting diabetes treatment: Black garlic extract is very effective in reducing cholesterol, triglyceride levels in serum and increasing HDL-cholesterol and insulin levels, thereby preventing, support diabetes treatment.



Black garlic brings many health benefits

What does black garlic cure? In fact, black garlic has many great uses for health. However, it cannot directly cure a disease, but it only stops at the prevention and supports treatment. For example, a person who eats regular black garlic has a lower risk of cancer than someone who does not eat. People with diabetes in addition to taking medicine may use black garlic to increase the effectiveness of treatment.

How to use black garlic to promote all uses

What effect does black garlic eat? You all know. But to achieve the highest efficiency, exploit all the uses of black garlic, follow our instructions below.

How to use black garlic directly

Direct eating is the fastest way to use black garlic. You just peel and enjoy. If you eat directly, every day you need to use 3-5 g black garlic, equivalent to 3-5 garlic cloves. Particularly, elderly people should only eat 1 - 2g of black garlic every day.

Make black garlic juice

Put in blender about 3 - 5g black garlic and some warm water then puree, remove residue. If you don't have much time, grind more garlic and put it in the fridge for use. After that, you can drink this juice directly or mix with smoothie, fruit juice.

How to use black garlic with alcohol

Take 250 grams of peeled black garlic, put it in a glass jar and add about 1 liter of white wine inside. You can soak more black garlic but need to apply this ratio. Soaking black garlic in wine for about 10 days is usable. Every day you should only drink 1-2 times after a meal, only one small cup at a time. Absolutely not abuse the black garlic soaked wine! Because drinking too much will be harmful to health.



Black garlic soaked in wine

Soak black garlic with honey

If you can't drink alcohol, try applying a way to soak the black garlic with this honey. First, you need to prepare 125g of black garlic peeled off the peel and 500 ml of pure honey. Put the black garlic in a clean glass jar and pour pure honey, cover the lid and soak for 3 weeks. When soaking, you should eat 2-3 times a day, before meals. Eat about 1 - 2 black garlic cloves and one spoon of honey each time.



Black garlic soaked in honey

Processing black garlic into a dish

In addition to the ways of using the black garlic above, you can make it into your favorite dishes such as adding cakes, smoothies, stock with meat, . It's certainly not only delicious food but also Very good for health!



Delicious dishes from black garlic

Through this article, we hope you will know what black garlic works and how to eat black garlic to get the best effect. Visit META.vn for advice and order quality and cheap black garlic making machines.

>>> More references:

1. Making black garlic get wet, the best way to handle and preserve black garlic
2. If you want to make black garlic successful, you must use 1 of 3 black garlic making machines
3. How to make standard black garlic at home is not well known
4. Which country makes the Tiross black garlic machine? Is that good?
5. Top machine made the best black garlic family today

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