

# What happens when you eat two cloves of raw garlic every day?

Eating two cloves of raw garlic every day helps boost immunity, improve heart health, naturally detoxify the body, support the intestinal tract and may prevent cancer.



## **Boost the immune system**

Worried about frequent colds and infections? Raw garlic has powerful antibacterial and antiviral properties that help your body fight off illness. A 2015 study found that raw garlic boosts immunity. Garlic contains allicin, a compound that boosts the immune system and fights harmful bacteria. Regular use may help reduce the severity and frequency of colds, flu, and infections.

## **Supports heart health and lowers blood pressure**

High blood pressure is a silent killer, and raw garlic can help control it. Studies show that garlic helps relax blood vessels and improve blood flow, reducing the risk of heart disease. A 2020 study found that garlic may be helpful in preventing heart-related problems. It also lowers bad cholesterol (LDL) while keeping good cholesterol (HDL) stable, promoting overall heart health.

## **Detoxify your body naturally**

Your body is constantly exposed to toxins from food, pollution, and other sources. Raw garlic helps cleanse the liver by removing harmful substances. It also contains sulfur compounds that protect against heavy metal toxicity, reducing damage to organs like the liver and kidneys.

## **Supports digestion and gut health**

A healthy gut is key to overall health, and garlic plays a key role in improving digestion. Raw garlic stimulates the production of digestive enzymes, which help your body break down food more efficiently. Plus, its antibacterial properties help control harmful gut bacteria while promoting the growth of beneficial bacteria.

### **May help reduce the risk of cancer**

Garlic contains antioxidants that fight free radicals, which cause cell damage and aging. Research suggests that regular consumption of raw garlic may reduce the risk of certain cancers, including stomach and colon cancer, by preventing cell mutations and slowing tumor growth.

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