

# Without black garlic, eat 6 grilled garlic cloves every day you will be surprised with the results received

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1. 11 treatments for children to stop using antibiotics



## Effect of garlic on health

1. In the composition of garlic contains allicin antibiotics to help fight the virus that causes disease.
2. Garlic essential oils have anti-bacterial, antiseptic and anti-inflammatory effects.
3. Garlic contains a large amount of vitamins such as A, B, C, D, PP, hydrocarbons, . and minerals such as iodine, calcium, phosphorus, magnesium, essential trace elements for the body .
4. Garlic works to reduce blood cholesterol, antioxidants that help restore cell activity in the body, improve resistance, and help the body fight many diseases including dangerous cancers dangerous.

## The unexpected effects if you eat 6 roasted garlic cloves every day

### After eating garlic for 1 hour

In the first hour, garlic will be digested like any other food. The nutrients in garlic will be slowly digested by the stomach.



### **2-4 hours after eating grilled garlic**

Anti-cancer agents, antioxidants in garlic start to work in your body.

### **After 4-6 hours**

The body starts absorbing the essence of garlic. In addition, garlic will strengthen T cells - the body's anti-disease cells. Garlic promotes the immune system, eliminating excess melon fat in the body.

### **6-7 hours after eating grilled garlic**

The antibacterial substances in garlic will start to work after 6 hours, contributing to killing harmful bacteria in your body.

### **After 6-10 hours**

The nutrients in garlic will fully work and cleanse the body within 24 hours.

## **How to make grilled garlic**

### **Way 1**

Put the pan on the stove for low heat, add a tablespoon of olive oil. Then add 6 garlic cloves to the pan. Notice the two sides to turn over, when the cloves are browned, turn off the heat, remove the garlic and use.



## Method 2

Remove the thick and dry crust outside the garlic. Cut the top of the garlic root about 1.5-2cm and put a layer of olive oil in the garlic root. Cover the garlic with foil and bake it for 30-35 minutes at 205 degrees Celsius, until the garlic is soft. Remove garlic for cooling and use.

## How to use roasted garlic



The best time to eat grilled garlic is after a meal, especially lunch. It is best to eat after a meal, very good after lunch. You should eat at least for 1 month to see the great use of roasted garlic.

Many people often use roasted garlic to treat diseases such as sore throat, cough, bloating is quite effective without using drugs.

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