

PROSTATE ...

The **garlic** plus ciprofloxacin group showed a statistically significant decrease in bacterial growth and improvement in prostatic inflammation compared with the ciprofloxacin group. These results suggest that **garlic** may have anti-inflammatory and antimicrobial effects as well as a synergistic effect with ciprofloxacin.

Prostate Health. **Prostate** enlargement affects many men as they age, but a diet high in **garlic** and onions lowers **the** risk of benign prostatic hyperplasia (BPH). ... Onions had an even bigger effect on preventing BPH.

Garlic health benefits for men might surprise you. We all know that garlic tastes good, but this member of the lily family also packs in the nutritional benefits for men. It is a safe and inexpensive way to eat well to be well, and it is well documented that people have been eating garlic for its many health benefits for thousands of years. Here is what you need to know about garlic health benefits for men.

Sex Benefits

Garlic just might help your sex life—just make sure your partner eats some too! No really, garlic has long been considered an aphrodisiac. Garlic improves blood circulation, which might improve sexual function, so cook up a nice garlicky romantic Italian meal and see what unfolds.

Prostate enlargement affects many men as they age, but a diet high in garlic and onions lowers the risk of benign prostatic hyperplasia (**BPH**). One **study** found that men who ate garlic had a 28% lower risk of BPH compared to men who never ate garlic. Onions had an even bigger effect on preventing BPH.

Preventing Cancer

The selenium found in garlic helps in preventing many kinds cancer that commonly affect men, including cancer of the prostate, bladder, colon, rectum, lung, and stomach.

A superfood is a food rich in nutrients that is incredibly beneficial for our well-being and health. In many ways, garlic is a superfood. Garlic has always been considered a nutritious and delicious component in our food. It contains vital active components that have been proven to benefit our circulation, and prevent prostate enlargement and cancer.

How is garlic considered to be a superfood? Find out how garlic has been used throughout history for a wide array of purposes.

History and Ancient Use of **GARLIC**

Origins in Middle Asia



Regions of West China
Kazakhstan
Kyrgyzstan

i used by ancient sumerians for its healing properties

Spread to



Eastern China
East Asia
The New World



Garlic was one of the **most used** medical plants 2700 B.C. and incorporated into the concept of yin and yang.

- **healing, stimulating effects**
- *mainly prescribed for people suffering from depression*



Used in ancient India in form of a tonic as a **remedy** for:

*lack of appetite,
cough, weakness,
rheumatism,
skin disease and
hemorrhoids*

History and Ancient Use of Garlic

According to [Petrovska and Cekovska \(2010\)](#), garlic originated in Middle Asia, along the regions of West China, Kazakhstan and Kyrgyzstan. The

ancient Sumerians were already using garlic for its healing properties. From there, it spread to Eastern China, East Asia and the new world.

Garlic was one of the most used medicinal plants in ancient China since 2700 BC. The Chinese have used it for its healing and stimulating effects. It was incorporated into their concept of yin and yang. It was mainly prescribed for people suffering from depression.

In ancient India, garlic was used as a remedy for lack of appetite, cough, weakness, rheumatism, skin disease and hemorrhoids. Its preparation was in the form of a tonic.

The ancient Egyptians were also familiar with this superfood. They used it for its medicinal and aromatic properties. Among other spicy foods, garlic was widely used and gained mercantile importance. The use of garlic in ancient Egypt is evidenced by clay sculptures of garlic bulbs that date from 3700 BC. Archaeologists even found some garlic bulbs in the pyramids.

Garlic Helps Prevent Prostate Disease and Cancer

Apart from its ability to prevent various infections and cardiovascular diseases, there is also growing evidence supporting the anti-cancer properties of garlic and its ability to prevent prostate enlargement. According to [Amagase et al \(2001\)](#), garlic has a wide array of bioactive components.

It prevents the formation of free radicals which contribute to the development of cancer and BPH. Garlic was also found to support the body's protective mechanisms to destroy free radicals.

[Agarwal \(1996\)](#) studied allicin, a component of garlic, and its anti-cancer potential. It was found that allicin actively combats sarcomas (cancer of connective tissues) in rats. Garlic extracts have the potential to stop cell

division of cancer-causing cells in all phases of growth. Live studies have also shown that garlic has a component which prevents the development of cancer cells in patients with acute myeloid leukemia.

In another study, a compound in garlic known as **diallyl disulfide** was found to suppress the growth of prostate cancer cells. It also showed that the higher the dose of diallyl disulfide, the greater its effect on suppressing prostatic cancer growth.

So garlic, in the many ways mentioned, is truly a superfood. It's good to know that we can readily have it, eat it and enjoy its many benefits. It's also good to know that it can help treat many common chronic diseases, such as prostate enlargement, and promote a natural way of healing.

References: