

Treat and Prevent High Blood Pressure Naturally with Garlic

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Garlic has become so popular in recent times because a lot of researchers have confirmed its effectiveness to act as a natural and healthy medicinal herb. In fact, it has been one of the most strongly recommended healing medicines and foods for decades. The majority already knows how effective it is at preventing cancer and at naturally lowering high cholesterol levels so it is no longer surprising to see people who make it a point to include this in their diet plans. It also works at normalizing and regulating high blood pressure.

A lot of experts say that in order for people to harness all the benefits that garlic has to offer, they should not boil it before consuming. Its fresh juice contains the highest level of nutrients so it is best if it's prepared this way. Crushing a garlic clove and putting it in a glass containing hot milk before drinking is also said to be effective in dealing with seizures, cramps and nervous spasms. For those who suffer from high blood pressure, the best way to enjoy the benefits of garlic is to take a clove of it every morning. Preparing oil out of it is also possible. Garlic supplements have also been introduced to the public and they come in various forms including extracts, powders and pills.

How does garlic work in treating hypertension?

The ability of garlic to significantly reduce the risk of suffering from hypertension can be attributed to the presence of an active substance known as garlic sulphides and allicin. Allicin is a substance which is said to work in relaxing blood vessels while also reducing any pressure and damage affecting blood. It also interferes with the effects of angiotensin I enzyme in elevating blood pressure and smoothly contracting muscles. Its ability to break down fibrinolytic activity in a person's blood is also a huge help in reducing the level of cholesterol and platelet aggregation.

Another reason why garlic works at preventing high blood pressure is that it has the ability to stimulate hydrogen sulphide and nitric oxide synthase production. Experts say that these work in relaxing blood vessels. The good thing about garlic is that it also performs other functions aside from treating high blood pressure. Apart from its cholesterol lowering properties, people can also benefit from it because of its effectiveness in improving a person's digestion and immune system. Still, everyone is advised to seek the guidance of a healthcare provider prior to taking it since this also thins blood and may interact poorly with certain supplements and medications.

Sources for this article include:

<http://www.medindia.net>

http://www.naturalnews.com/027195_garlic_high_blood_pressu