



February 23, 2017 – Grand Rapids, MI

Immune Boost 1-2-3: Garlic

The second part of our immune boost supplements is garlic. Garlic has been noted to have beneficial properties for over 5,000 years. Garlic thins the blood, thereby benefiting blood pressure, and helps lower cholesterol. Garlic does many things, but what benefits our immunity is its ability to boost the immune system while reducing inflammation.

There is little question that garlic helps the immune system. It's been used as a dietary treatment to help the immune system recover from chemotherapy; it's also been used in supplement form to help the immune system get and stay stronger. That's an obvious way it helps with viruses and allergies, but it also acts as an anti-inflammatory. It's important to remember that inflammation occurs whenever our body is under attack—not broken-leg inflammation but the release of negative hormones. Garlic helps reduce that type of inflammation.

Just as with echinacea, it's important to begin as soon as the first tickle occurs. The quantity would be 600 mg taken three times a day. That gets our immune system starting to work better, but there's one more thing we need. I'll cover that on Saturday.

What are you prepared to do today?

Dr. Chet



WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

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