

1 CRUSHED GARLIC CLOVE Lower High Blood Pressure, Clean Arteries, Lower Cholesterol Dr. Mandell

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(0:02 - 0:37)

This one clove of garlic, what it can do for your cardiovascular system, your heart, your arteries, your blood pressure, your cholesterol, your triglycerides, allowing those arteries to stay clear and healthy, to give you that oxygen to all the cells of your body, you are gonna learn so many simple things. what this little clove of garlic can do for your health. But there's one compound in garlic that's known for its many health benefits.

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It's called allicin, and it's formed from a compound called alliin, which is present in the fresh garlic. And when it comes in contact with the enzyme called allinase, this conversion process occurs when garlic is crushed, chopped, or otherwise damaged, allowing the enzyme to come into contact with alliin. And this is where the health benefits start.

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Because when you crush the clove of garlic, and let it sit for seven, eight, nine, 10 minutes in the open air, that's where allicin starts to develop. And that's where the medicinal properties all start. And there's no question that garlic contains those sulfur compounds, including allicin, which is formed when garlic is crushed or chopped.

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And it is responsible for that distinct smell and taste of garlic. But it does contribute to lowering effects of blood pressure. And it is that allicin in garlic that has been found to stimulate the production of nitric oxide in the body.

(1:42 - 2:00)

This nitric oxide is a signaling molecule that helps relax and dilate those blood vessels, leading to an increased blood flow and lowering of blood pressure. So imagine this is the artery. Here's the heart pumping blood through those arteries to the cells, the glands, the tissues.

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And when we're stressed, we have high cortisol levels, high adrenaline, those arteries constrict, making the heart pump harder, increasing blood pressure. But that nitric oxide from that allicin starts to allow it to dilate, to vasodilate, to become open wider. Now more blood can get through the artery, taking pressure off the heart, lowering the blood pressure, keeping you

healthy.

(2:28 - 2:52)

And another mechanism in which garlic lowers blood pressure is through the angiotensin-converting enzyme inhibition. The ACE inhibitors are a class of medications commonly prescribed to manage hypertension. And garlic has been found to exhibit ACE inhibitory effects, reducing the production of angiotensin II, a hormone that constricts blood vessels and raises blood pressure.

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But garlic has powerful antioxidant properties. It fights free radicals. It keeps the inner lumen of the vessels clean, preventing the LDL cholesterol from sticking as well as oxidizing.

(3:09 - 3:31)

As oxidative stress occurs, when there's an imbalance between free radicals and antioxidants in the body, leading to the damaged blood vessels and increased blood pressure. So by neutralizing these free radicals, garlic's antioxidants help maintain healthy blood pressure levels. And the allicin in garlic reduces inflammation that's been associated with the development of hypertension.

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Garlic possesses these anti-inflammatory properties that reduce inflammation of the blood vessels, promoting better blood flow and lowering blood pressure. And when it comes to your lipid profile, yes, that's the test that your doctors check your cholesterol levels. This lowers your total cholesterol, your bad cholesterol, as well as your triglycerides.

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That means this reduces plaquing in the arteries. And it also has anti-platelet and anti-thrombotic properties, which help prevent blood clot formation and improves your overall cardiovascular health. So just one garlic clove can do wonderful things, but how do you eat this? Yes, it can be quite strong by just putting it in your mouth and starting to chew it, but don't chew a whole garlic.

(4:19 - 4:39)

Chop it up first, let it sit out a good seven to 10 minutes so that allicin can start to form. But here are some other ways that you can get it down in your gut that will make it so much easier. You can mix your chopped garlic with a teaspoon of honey that can help mask its strong taste and make it so much easier to swallow.

(4:39 - 4:57)

Because honey adds sweetness, it will help balance out that pungency of that garlic. You can add chopped garlic to plain yogurt, which will provide a creamy texture and help mellow out the taste. Squeezing some lemon lime or even orange juice over the chopped garlic will actually help cut through that strong taste and provide a refreshing flavor.

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The acidity of the citrus juice will help balance the pungency of that garlic. And mixing chopped garlic with a tablespoon of nut butter, such as almond butter or peanut butter, can actually help mask the taste as well and add a creamy texture. And incorporating garlic in a homemade salad dressing will also help distribute the flavor more evenly.

(5:17 - 5:40)

You can combine it with other ingredients like olive oil, vinegar, mustard, herbs, or spices to create a flavorful dressing that complements your salads. Spices and herbs seem to go well in my body, so I just chop it up, let it sit out for those seven to 10 minutes, put it in a tablespoon, I swallow it down with a little bit of water and chase it maybe with a little bit of lemon water. It seems to help a lot.

(5:41 - 5:55)

You can actually chase it however you like. I like to do this first thing before I eat. It just feels that when you put it into an emptier stomach, it just seems to do more quicker, although this would be healthy at any time.

(5:55 - 6:19)

Many of you may wanna supplement and do this twice a day, but this will really give you tremendous health benefits, not only for your arteries, lowering your blood pressure, but for so many other things to keep you healthy so you can live a long life. I hope you enjoyed this video. Please share it with your friends and family, and most important, make it a great day.

(6:20 - 6:22)

I'm Dr. Alan Mandel.

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