

Garlic¹⁾: your healthy food

Garlic is probably the healthiest food you should take.

While garlic isn't likely to help out with your social life when you eat too much of it chasing people off with the bad breath, it may actually save your life. Used widely by Egyptian Pharaohs²⁾ as well as the ancient Chinese, garlic is known for its culinary³⁾ and medicinal properties. The Egyptians even fed garlic to their slaves to keep them healthy.

For those suffering from high blood pressure, high cholesterol, heart disease, garlic should become their best friend. Garlic can lower blood pressure and cholesterol levels. Studies have shown that just one clove of garlic daily is enough to reduce cholesterol⁴⁾. Garlic is also good for treatment of bronchitis⁵⁾, colds, coughs, sore throat, fever and indigestion.

To fight cold—related symptoms, garlic is an excellent food therapy specially if taken with other food rich in vitamin C, which helps to stimulate white blood cells⁶⁾ to fight off infections⁷⁾. If you suffer from a sore throat, take two or more cloves, crushed or whole, at the first sign of pain. However, don't eat too much raw garlic, for it may cause stomach upset.

大蒜的保健作用

大蒜可能是你应当食用的最有利健康的食品。

虽然大蒜可能对你的社交有些不利——如果食用过多的大蒜，口里的大蒜味会使别人退避三舍。但是大蒜说不定会拯救你的性命呢？大家知道，大蒜既可食用，又有药用价值。埃及的法老以及古代的中国人人都曾广泛采用大蒜，埃及人甚至让他们的奴隶食用大蒜以保持身体健康。

对于高血压、高胆固醇、心脏病患者，大蒜应当成为他们的良友。大蒜具有降低血压，降低胆固醇的功能。研究表明，每天只食用一瓣大蒜就足以使胆固醇降低，大蒜还有助于治疗支气管炎、感冒、咳嗽、喉痛、发烧和消化不良。

对于与感冒有关的症状，大蒜是最好的食物治疗，尤其是与富含维生素C的食物合并食用更为有效，因为这样能刺激白血球消除感染。如果你喉咙痛，刚有痛感时就吃两三瓣大蒜，碾碎或整瓣食都可以，不过不要吃得太多，可能会引起肠胃不适。

NOTE 注释：

1. garlic ['gɑ:lik] n. [植]大蒜
2. Pharaoh ['fɛərəu] n. 法老王
3. culinary ['kʌlinəri] adj. 厨房的, 烹调用的, 厨房用的
4. cholesterol [kə'lestərəul, -rɔl] n. 胆固醇
5. bronchitis [brɒŋ'kæitɪs] n. [医]支气管炎
6. cell [sel] n. 单元, 细胞
7. infection [ɪn'fekʃən] n. [医] 传染, 传染病

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