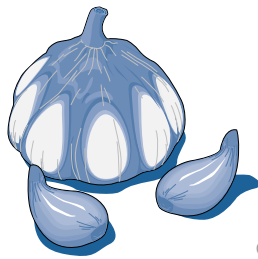


# Garlic for Your Arteries

Garlic has been shown to have numerous health benefits including lowering blood pressure. A new study has shown that it also diminishes arteriosclerotic plaque volume over a four-year-period.



SOURCE: Koscielny J, Klubendorf D, Latza R, Schmidt R, Radtke H, Siegel G, Kiesewetter H. The antiatherosclerotic effect of allium sativum. *Atherosclerosis* 1999;144:237-249.

