POP UP

Garlic groove!

E all despise the common cold and a simple home remedy for it would just be a god send. When you spot the dreadful signs of a cold, maybe all hope is not lost after all. Add some garlic to your menu to give the

immune system a boost. Garlic has both antibacterial and antimicrobial properties that can not only provide comfort from colds but may also help treat bad coughs.

Apart from being a staple in our kitchen, garlic has many health benefits

that transcend curing mere colds or coughs. It is an excellent home remedy for reducing hair loss, amongst countless other things. Garlic contains high levels of allicin, a sulphur compound similar to that found in onions, which too are used to treat hair loss.

Garlic is also an aide to cure acne. It might not be a key ingredient in a drugstore, but garlic makes a great natural remedy to banish unsightly blemishes.



