**AJO**

Hypertension

Oxidative Stress

Arterial Calcification

Atherosclerosis

Blood Pressure: High

Gastric Cancer

Arteriosclerosis

Hypercholesterolemia

Triglycerides: Elevated

Arterial Plaque

Hepatopulmonary Syndrome

Blood Diseases

Coronary Artery Disease

Ear Infection

Hypoglycemia

Colon Cancer

Cardiovascular Diseases

Lead Poisoning

Myocardial Infarction

Hyperlipidemia

Cytomegalovirus Infections

Diabetes Mellitus: Type 2

Liver Cancer

Lung Cancer

Cadmium Poisoning

Cancers: All

Endometrial Cancer

Inflammation

Streptococcus infections: Group B

Helicobacter Pylori Infection

Hypoxia

Tuberculosis

Alopecia

Arterial Hardening: Elasticity

Bacterial Vaginosis

DNA damage

Diabetes Mellitus: Type 1

Diabetes: Lipids/Cholesterol

Dyspnea

Endothelial Dysfunction

Fibrinogen: Elevated

Hair Loss

Heart Attack

High Homocysteine

Hyperhomocysteinemia

Intermittent Claudication

Intima Media Thickening

Leukemia: Monocytic

Low Immune Function: Natural Killer Cells

Lung Cancer: Prevention

Multiple Myeloma: Prevention

Nonalcoholic fatty liver disease (NAFLD)

Otitis media

Pancreatic Cancer

Peripheral Vascular Diseases

Stroke: Prevention

Thrush

Vulvovaginitis: Infectious

Lipid Peroxidation

Bacterial Infections: Resistance/Biofilm Formation

Breast Cancer

Chemotherapy-Induced Toxicity: Doxorubicin

Gallstones

High Cholesterol

Leishmaniasis

Nicotine/Tobacco Toxicity

Chemotherapy-Induced Toxicity: Cisplatin

Diabetic Complications

Diabetic Nephropathy

Liver Cancer: Prevention

Obesity

Candida Infection

Lipopolysaccharide-Induced Toxicity

Lymphoma

Mercury Poisoning

Aflatoxicosis

Chemically-Induced Liver Damage

Colitis

Colon Cancer: Prevention

Escherichia coli Infections

Fatty Liver

High Fat Diet

Hypertension: Pulmonary

Inflammatory Bowel Diseases

Insulin Resistance

MRSA

Pseudomonas aeruginosa

Right Ventricular Hypertrophy

Schistosomiasis

Sodium nitrate toxicity

Staphylococcus aureus: Methicillin-resistant (MRSA)

Testicular Diseases

Thrombosis

Arsenic Poisoning

Hyperuricemia

Mycobacterium tuberculosis

Neurodegenerative Diseases

Salmonella Infections

Staphylococcus aureus infection

Streptococcus infections: Group A

Advanced Glycation End products (AGE)

Alcohol Toxicity

Androgen Deficiency

Antibiotic Toxicity

Bacterial Prostatitis

Biliary Obstruction

Bladder Degeneration

Bowel Stenosis

Brain Inflammation

Breast Cancer: Triple Negative

Breastfeeding Concerns: Chemical Exposure

Burns

Candidiasis

Cataract

Cerebral Ischemia

Cervical Cancer

Chemical Exposure: Nitrobenzene

Chemotherapy-Induced Toxicity: Cyclophosphamide

Chronic Kidney Disease (CKD)

Chronic Pelvic Pain Syndrome

Colitis: Ulcerative

Colorectal Cancer

Cyanide Poisoning

Dental Caries

Diesel Exhaust Particle Toxicity

Drug-Induced Toxicity: Cyclosporine

Enterococcus Infections

Enteropathy

Fibrosarcoma

Fibrosis: Liver

Fructose-Induced Toxicity

Gonorrhea

HIV Infections

Immune Disorders: Low Immune Function

Immune Dysregulation: TH1/TH2 imbalance

Infection: Antibiotic Resistant

Infertility: Male

Insulin: Elevated

Kidney Damage

Kidney Infection

Klebsiella Infections

Learning disorders

Leukemia: Chronic Lymphocytic Leukemia (CLL)

Listeria Infections

Liver Cirrhosis

Liver Disease

Liver Fibrosis

Liver Surgery

Lung Damage

Lung Diseases

Lymphoma: B-Cell

Lymphoma: Mantle Cell

Memory Disorders

Metabolic Syndrome X

Methicillin-resistant Staphylococcus aureus

Mitochondrial Dysfunction

Mobile Phone-Induced Oxidative Stress

Myointimal Hyperplasia

Parasitic Diseases

Pesticide-Induced Toxicity: Organophosphates

Petroleum Exposure And Toxicity

Pneumococcal Infections

Prenatal Chemical Exposures

Promyelocytic leukemia

Prostatitis: Chronic

Pulmonary Fibrosis

Pyrethroid Insecticide Induced Toxicity

Radiation Induced Illness

Sepsis

Smoking

Spinal Cord Injuries

Splenic Diseases

Streptococcus Infections

Tobacco Toxicity

Tuberculosis Drug Induced Toxicity

Ulcerative Colitis

Ultraviolet Radiation Induced Damage

Urinary Tract Infections: Catheter-Associated

Vibrio Infections

Weight Problems

Wound Healing

Acute Myeloid Leukemia

Acute lymphoblastic leukemia (ALL)

Adenoid cystic carcinoma (ACC)

Alzheimer's Disease

Amebiasis

Anemia: Sickle Cell

Aortic Stenosis

Aphthous Ulcer

Arterial Thickening

Ascites

Bacillus Cereus infection

Barrett Esophagus

Basal Cell Carcinoma

Bladder Cancer

Cancer Metastasis

Candida Albicans

Canker Sore

Cardiac Mortality

Cardiovascular Disease: Prevention

Chemotherapy-Induced Toxicity: Adriamycin

Cholera

Chronic Pain

Clostridium Infections

Dermatophytoses

Esophageal Cancer

Foodborne Pathogens: Prevention/Food Preservation

Glioblastoma

Glutathione Deficiency

Glycation

HSV-1

HSV-2

Haemophilus influenzae

Hemolytic Anemia

Herpes Simplex Virus Type 1

Ischemia

Leukemia: Acute myelogenous leukemia (AML)

Liver Diseases

Low Human Growth Hormone

Malaria

Melanoma

Micrococcus luteus infections

Mycotoxicity

Myocardial Infarction: Prevention

Neuroblastoma

Oral Cancer

Osteosarcoma

Parainfluenza Virus Infections

Parasitic Intestinal Diseases

Periodontal Diseases

Pneumonia

Prostatic Hyperplasia: Benign

Pseudomonas Infections

Rhinovirus Infection

Staphylococcal Infections

Steptococcus Mutans Infections

Streptococcus pyogenes

Tuberculosis: Drug Resistant

Vesicular Stomatitis Virus

Antioxidants

Cardioprotective

Antihypertensive Agents

Chemopreventive

Anti-Bacterial Agents

Anticholesteremic Agents

Immunomodulatory

Apoptotic

Hypoglycemic Agents

Anti-Inflammatory Agents

Hypolipidemic

Hepatoprotective

Anti-atherogenic

Neuroprotective Agents

Antiviral Agents

Antiproliferative

NF-kappaB Inhibitor

Renoprotective

Analgesics

Anti-Platelet

Chelating Agents

Chemoprotective Agents

Detoxifier

Tumor Necrosis Factor (TNF) Alpha Inhibitor

Antineoplastic Agents

Cell cycle arrest

Antifungal Agents

Antiparasitic Agents

Leishmanicidal

Malondialdehyde Down-regulation

Anticarcinogenic Agents

Anti-Apoptotic

Antimicrobial

Chemosensitizer

Interleukin-1 beta downregulation

Anti-Adipogenic

Antimutagenic Agents

Chemotherapeutic

Enzyme Inhibitors

Interleukin-6 Downregulation

Matrix metalloproteinase-2 (MMP-2) inhibitor

Nitric Oxide Inhibitor

Superoxide Dismutase Up-regulation

Vascular Cell Adhesion Molecule-1 Inhibitor

Adenosine deaminase inhibitor

Anti-Glycation Agents

Anti-metastatic

Anti-thrombotic

Autophagy Up-regulation

Genoprotective

Nrf2 activation

Phase II Detoxification Enzyme Inducer

Anti-Proliferative

Antimycobacterial

Bcl-2 protein down-regulation

Catalase Up-Regulation

Cyclooxygenase 2 Inhibitors

Cytoprotective

Erythropoietic

Gastroprotective

Heat Shock Protein Inducer

Insulin Sensitizers

Insulin-mimetic

Insulin-releasing

Interleukin-12 upregulation

Matrix metalloproteinase-1 (MMP-1) inhibitor

Matrix metalloproteinase-9 (MMP-9) inhibitor

Nitric Oxide Enhancer

Pancreato Protective Agents

Photoprotective

Radioprotective

Regenerative

Thermogenic

Tumor Suppressor Protein p53 Upregulation

Vasodilator Agents

Anti Inflammatory

Anti-Angiogenic

Bax/Bcl2 ratio: Increase

Cytotoxic

Epidermal growth factor receptor (EGFR) inhibitor

HIV-1 Integrase Inhibitor

HMG-CoA reductase inhibitor

NF-E2-Related Factor-2 (Nrf2) Modulator

Neovasculogenesis

Platelet Aggregation Inhibitors

Secretagogue

Diabetes Mellitus: Type 2

Blood Diseases

Triglycerides: Elevated

Hypercholesterolemia, Hypertension

Gastric Cancer

**Garlic Versus #1 Cause of Death for the Poorest Countries**

As far as the research goes, garlic has immensely powerful anti-infective properties, experimentally confirmed to kill the following:

1. Methicillin Resistant Staphylococcus Aureus ([**MRSA**](http://www.greenmedinfo.com/disease/mrsa))[[1]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn1%22%20%5Co%20%22), [[2]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn2%22%20%5Co%20%22)
2. Thrush (Fungal overgrowth in oral cavity)[[3]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn3%22%20%5Co%20%22)
3. Pseudomonas Aerigonosima, including drug-resistant strains.[[4]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn4%22%20%5Co%20%22)[[5]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn5%22%20%5Co%20%22)[[6]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn6%22%20%5Co%20%22)
4. Cytomegalavirus Infections[[7]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn7%22%20%5Co%20%22) [[8]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn8%22%20%5Co%20%22) [[9]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn9%22%20%5Co%20%22) [[10]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn10%22%20%5Co%20%22)
5. Mycotoxin-associated aflatoxicosis[[11]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn11%22%20%5Co%20%22) [[12]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn12%22%20%5Co%20%22)
6. Helicobacter Pylori infection[[13]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn13%22%20%5Co%20%22)
7. Candida (Yeast) infection[[14]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn14%22%20%5Co%20%22) [[15]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn15%22%20%5Co%20%22) [[16]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn16%22%20%5Co%20%22)
8. Klebseilla infection[[17]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn17%22%20%5Co%20%22) [[18]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn18%22%20%5Co%20%22)
9. HIV-1 infection[[19]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn19%22%20%5Co%20%22) [[20]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn20%22%20%5Co%20%22)
10. Vibrio infection [[21]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn21%22%20%5Co%20%22) [[22]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn22%22%20%5Co%20%22)
11. Mycobacterium Tuberculosis, multi-drug resistant[[23]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn23%22%20%5Co%20%22)
12. Clostridium infections[[24]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn24%22%20%5Co%20%22)
13. Viral Infections:  Herpes Simplex 1 and 2, Parainfluenza virus type 3, vaccinia virus, vesicular stomatitis virus and human rhinovirus type 2.
14. Group B Streptococcus Infection[[25]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn25%22%20%5Co%20%22) [[26]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn26%22%20%5Co%20%22)

This is an impressive smattering of research, but it is likely only the tip of the iceberg when it comes to garlic's ability to fight infection.  Remember, a lack of scientific proof does not imply a lack of efficacy. Given that conventional antibiotics are not only failing, but driving bacteria and viruses into greater lethality, we can't wait around for the multi-billion dollar clinical trial-based drug approval process to turn its attention to a non-patentable natural substance.  Such a profit-oriented approach would be highly unethical.

**Garlic Versus the Developed World's #1 and #2 Killers**

The research on Greenmedinfo.com shows garlic has value in 167 health conditions or disease symptoms, but the greatest density of research indicates garlic's role in preventing and/or treating [**Cardiovascular Disease**](http://www.greenmedinfo.com/disease/cardiovascular-diseases) and [**Cancers**](http://www.greenmedinfo.com/disease/cancers-all), the two primary causes of death within high-income countries.[[27]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn27%22%20%5Co%20%22)

This is an interesting finding. The drug industry has been fantasizing about a so-called 'polypill' for quite some time, an idea involving mixing various patented medicines together for a condition like heart disease (e.g. blood pressure, cholesterol, blood thinner), but to no avail. Patented chemicals have far too many side effects, so when you mix them together, you only compound their multitudinous chemical toxicities. Natural substances, on the other hand, and especially those which play a role in culinary traditions as "spices," appear to have the opposite karma. Namely, they have far more 'side benefits' than 'side effects.'

**Garlic's cardioprotective effects include:**

1. Retards progression of arterial plaque[[28]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn28%22%20%5Co%20%22) [[29]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn29%22%20%5Co%20%22) [[30]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn30%22%20%5Co%20%22)
2. Beneficially decreases brown adipose tissue, increases white adipose tissue around heart muscle.[[31]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn31%22%20%5Co%20%22)
3. Protects against clotting[[32]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn32%22%20%5Co%20%22) [[33]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn33%22%20%5Co%20%22)
4. Positively modulates blood lipids[[34]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn34%22%20%5Co%20%22),[[35]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn35%22%20%5Co%20%22),[[36]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn36%22%20%5Co%20%22)
5. Vasodilator[[37]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn37%22%20%5Co%20%22)
6. Reduces blood pressure[[38]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn38%22%20%5Co%20%22)
7. Antioxidant[[39]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn39%22%20%5Co%20%22)
8. Endothelial Dysfunction[[40]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn40%22%20%5Co%20%22) [[41]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn41%22%20%5Co%20%22)
9. Vascular Inflammation[[42]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn42%22%20%5Co%20%22)

**Here is a quick review of the cancers that garlic has been found to kill:**

1. Acute Lymphoblastic Leukemia[[43]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn43%22%20%5Co%20%22)
2. Acute Myeloid Leukemia[[44]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn44%22%20%5Co%20%22)
3. Basal Cell Carcinoma[[45]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn45%22%20%5Co%20%22)
4. Breast Cancer[[46]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn46%22%20%5Co%20%22),[[47]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn47%22%20%5Co%20%22)
5. Cervical Cancer[[48]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn48%22%20%5Co%20%22)
6. Colon Cancer[[49]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn49%22%20%5Co%20%22)
7. Endometrial Cancer[[50]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn50%22%20%5Co%20%22) [[51]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn51%22%20%5Co%20%22)
8. Gastric Cancer[[52]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn52%22%20%5Co%20%22) [[53]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn53%22%20%5Co%20%22)
9. Leukemia: Chronic Lymphocytic Leukemia (CLL)[[54]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn54%22%20%5Co%20%22)
10. Liver Cancer[[55]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn55%22%20%5Co%20%22) [[56]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn56%22%20%5Co%20%22) [[57]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn57%22%20%5Co%20%22)  [[58]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn58%22%20%5Co%20%22)
11. Lymphoma[[59]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn59%22%20%5Co%20%22) [[60]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn60%22%20%5Co%20%22)
12. Melanoma[[61](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn61%22%20%5Co%20%22)
13. Osteosarcoma[[62]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn62%22%20%5Co%20%22)
14. Pancreatic Cancer[[63]](http://www.greenmedinfo.com/blog/how-garlic-can-save-your-life%22%20%5Cl%20%22_ftn63%22%20%5Co%20%22)