

**Health and Diet - September 20, 2004**

Garlic anyone? It may keep your friends away, but it is healthy for you! Garlic can protect you from infection, detoxify your body, strengthen blood vessels and lower your blood pressure. It also contains a clot-preventing agent. The bulbs of garlic contain a natural antibiotic and antifungal agent. Use garlic in your recipes. It is a great way to add healthy flavor!