



## Garlic - Good For People, Great For Dogs

Ah, garlic! As a woman who loves to cook and to eat, I am thrilled to learn about all the wonderful health benefits of my favorite seasoning. I cook for all the members of my family and that includes our furry babies. My dogs eat a healthy cooked, natural human grade dog food that I prepare.

For centuries garlic has been used as a blood tonic. There has recently been controversy over feeding dogs garlic. Too much can cause a disease called hemolytic anemia. Too much, means 50 cloves at one time - that is too much for anyone! Conservative use of one or 2 cloves per 50lb dog a few times a week has so many benefits. Now even the AAFCO (American Association of Feed Control Officials) recognizes garlic as safe. The AAFCO gathers information from professional toxicologists from the entire US and is responsible for monitoring the safety of animal feed products.

Let's look at some of the amazing natural health benefits of garlic. it has pronounced effects on multiple organ systems. For the skin, it makes its way through sweat glands and pores. Garlic is a very effective natural deterrent against fleas, ticks and mosquitoes. With them being 10,000 times more sensitive to its smell than humans. How great is that? No more flea powder just human grade dog food with garlic. For the stomach, garlic triggers gastric juices for better digestion and promotes the growth of friendly bacteria in the digestive tract. It also has the ability to help regulate blood sugar and reduces cholesterol and triglycerides while purifying the liver by helping with detoxification. Garlic also contains the powerful antioxidant, selenium. Selenium activates enzymes, which protect against cancer. Cancer is the leading cause of non-accidental deaths in dogs. The National Cancer Institute has found garlic to be effective in slowing the growth of cancer cells.

In summary, we can see that garlic stimulates immunity. It has antibacterial, anti fungal, anti parasitic and antiviral properties. It also aids in digestion and detoxification.