# Eat garlic to smash colds



As the weather turns colder and people start bundling up in thicker layers, the prevalence of seasonal colds begins to rise, signalling the arrival of cold season. With this change in climate, there is a noticeable increase in the spread of germs. This leads many to seek effective ways to bolster their immune systems and expedite recovery should they fall ill.

An interesting trend has emerged on social media, particularly on TikTok, where users are endorsing an unconventional but potentially effective remedy: garlic. Videos circulating on the platform highlight the potential benefits of consuming garlic to combat the common cold.

One notable advocate, known on TikTok as @mindbodyspiritsecrets, claims that chewing and swallowing raw garlic can significantly enhance recovery from colds. The efficacy of this method is attributed to allicin, a compound found in garlic that boasts natural anti-viral, anti-bacterial, and anti-fungal properties. By targeting and eliminating harmful bacteria, allicin could potentially aid the body's healing process.

The suggested approach involves biting into a garlic clove one or two times before swallowing. This method is said to maximize the release of allicin, thereby utilizing its health benefits more effectively. Although it might take a few days to experience a full recovery, proponents believe that garlic can help accelerate the healing process.

The shifting weather patterns and elevated germ transmission have made such home remedies particularly appealing for those seeking quick and natural ways to fight off the common cold. As always, while home remedies can offer benefits, consulting with a healthcare professional is advisable to ensure safe and effective treatment.