

# Eat Garlic in Summer to Prevent Infectious Diseases

Summer is very hot, and people are easily upset and anxious. Usually, their diet should be light. Some people say that eating small garlic, garlic, leek, etc. can be disturbing. But from the perspective of Chinese medicine, eating garlic in summer is good for the body.

The weather is hot and bacteria multiply easily. Eating "natural antibiotics" -garlic can help prevent gastrointestinal diseases such as enteritis and dysentery. Chinese medicine believes that garlic tastes spicy and relatively mild. It enters the spleen, stomach, lungs, and large intestine, and has the functions of digestion, detoxification and insecticide.

Cucumbers, spinach, bitter melon, eggplant, and spinach are all vegetables commonly eaten in the summer. Chinese people love to add the same seasoning when cooking these dishes, that is, garlic, such as garlic eggplant, garlic spinach, garlic bitter melon, etc. These are relatively cool things. When paired with mild garlic, they can both kill bacteria and prevent cold food from damaging the spleen and stomach.

Garlic is good, but because garlic is more spicy, it is easy to get hot if you eat too much, and it is also irritating. People with symptoms such as mouth and tongue sores should not eat it. And in daily life, it is not advisable to eat too much at one time. Eating too much will hurt the spleen, lungs, ears, sputum, and cough.

In addition, in daily life, we will notice that after eating raw garlic, the mouth often emits an unpleasant peculiar odor, which is even worse in summer, which is taboo in daily communication. Whole garlic is odorless and only smells when consumed, cut, squeezed, or damaged its tissue. After eating garlic raw, you can eat dates, peanut kernels, tea, hawthorn and strong tea to remove garlic.

[China Garlic Price](#) is reasonable and of high quality. [China garlic supplier](#) operate in good faith. Garlic consumers can buy garlic at ease.