



## Winter Wellness: Harnessing the Power of Garlic for Seasonal Benefits

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Winter has officially entered all the regions in India. As cozy and fun as winters can be, it also brings challenges for our immune system. As the season changes from autumn to winter, it brings various viruses. We need to protect our bodies from the impact of these viruses and shield it from diseases. Now, the question arises what can you do to protect yourself from these diseases? This blog has answers to all your doubts and has solutions that you might need to protect your immunity in winter. The solution lies in your kitchen and it's none other than Garlic. Now let's go ahead and know the benefits of Garlic and find out where you can buy [Chopped Vegetables Online in Bangalore](#).

## **Look Out to Protect Yourself from Following Winter Challenges**

### **Cough and Cold**

Having a cough and cold in winter is very common as the season changes and the body requires time to adapt as well as changed weather bringing a lot of viruses and bacteria causing cough and cold. It is fine to have these if they are not affecting your overall health, causing you fever, headaches, and more diseases as well yet you must protect yourself to boost your immune system.

### **Dandruff and Hair-fall**

Another common issue that almost all of us face during winter is dandruff and hair fall. If you have long and thick hair, dandruff, hair fall, dryness, and itchiness can be common during winter. These can be irritating, and embarrassing for anyone and require serious attention.

### **High Blood Pressure**

Winters can be heavy on the health of many people, especially elderlies. Winters can narrow your blood vessels causing high blood pressure. High BP can be dangerous and life-threatening and you need to take important steps guarding yourself from this.

### **Heart Health**

During the winter keeping your body warm is important as it can narrow down your blood vessels causing vasoconstriction. It reduces body heat and increases pressure on blood circulation causing a risk of heart problems such as heart attack.

### **Onslaught of Virus**

Apart from the issues mentioned above, there are various other viruses that winter brings with it. Virus of flu, COVID-19, among others. This comes from frostbite and/or even hypothermia and can weaken the human immune system. It is important to build strong immunity during winter to protect ourselves from such viruses.

## **Benefits of Adding Garlic in Everyday Meals During Winters**

### **Garlic Helps Prevent Cold and Cough**

You can protect yourself from winter cough and cold just by adding a small amount of garlic to your meal. Garlic keeps your body warm and guards your immunity system from the virus of cough and cold. Garlic has enormous health benefits and protecting you from cough and cold is one of them.

### **Garlic Helps to Reduce High Blood Pressure**

Garlic has properties to cure hypertension and can reduce the chances of high blood pressure. Adding garlic to the meal or directly consuming it roasted or raw, can reduce the chances of getting high blood pressure not only in winter but for the whole lifetime.

### **Garlic Helps Prevent Heart Diseases**

Garlic helps in curing various diseases that lead to heart problems such as BP, cholesterol, and obesity. Garlic can help in controlling BP as we talked about above, controls cholesterol levels by reducing LDL or “bad” cholesterol and increasing HDL or “good” cholesterol, and help in weight loss. Saving you from all these diseases can save your heart health.

### **Garlic Helps Promote Skin and Hair Health**

Garlic can be a natural remedy to cure various skin and hair-related issues. You can add garlic oil to your hair and consume garlic in your regular meals can remove dandruff, hair fall, dryness, and itchiness from your hair and will make it look shiny and healthy. Garlic contains a sulfur compound called Allicin, which has anti-bacterial, anti-fungal, and anti-viral properties to help keep our skin healthy and infection-free.

### **Garlic Helps to Detox the Body**

Garlic can protect your overall body. It can save you from inflammation and internal sickness. Adding garlic to meals can help you detox your body regularly and build a strong immune system for your body.

## Shield Your Immunity with the Protecting Layer of Garlic!

Now, that you have learned about the trouble winters can cause and how you can protect yourself from all that, you should start including garlic in your meals from today only. However, we know peeling garlic can be a long, and smelly process but we have solutions for that as well.

You can now order peeled and chopped garlic according to your needs online from GreenChopper, as they sell [Online Chopped Vegetables](#). You don't have to worry about your nails getting broken, or your hand smell for long as you can buy [Cut Vegetables Online](#). Getting healthy is convenient now with the convenience of online shopping, so don't wait and start your meal with a flavor of garlic from today!

### *Author Profile*

The author of this blog is a content writer with GreenChopper. GreenChopper is a chopped vegetables and fruit supplier delivering veggies as per customers' requirements anywhere in Bangalore. The company provides [Online Vegetables in Bangalore](#) in which they are ozone-washing veggies, and delivering fresh, and organic vegetables and fruits in any quantity, chopping style, and packaging customers want. So don't wait and opt for Fresh Chopped Vegetables delivery in Bangalore from GreenChopper.