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If you are looking for a single vegetable that can provide you with a wide range of health benefits then onion is the answer to all your worries. People far back in time were well aware about the benefits of onion and this is the reason onion had been an indigenous part of Indian cuisine. Onion is also the vegetable whose nutrients do not get destroyed while cooking. If you cook onion in low heat, you can preserve all the healthy nutrients and minerals of onion, they just get transferred and mix in the main food item.

Like health benefits of onion there are many benefits of garlic as well. Onions and garlic are members of the Allium family, and both are rich in sulfur-containing compounds that are responsible for their pungent odors and for many of their health-promoting effects. The thiosulfinates present in onion and garlic exhibit antimicrobial properties that help fight off bacterial properties that help fight off bacteria, viruses and fungi.

A wide variety of allyl sulfides are found in onion, including the four major diallyl sulfides: DMS (diallyl monosulfide), DDS (diallyl disulfide), DTS (diallyl trisulfide), and DTTS (diallyl tetra sulfide). Onions are an outstanding source of polyphenols, including the Flavonoid polyphenols. Within this Flavonoid category, onions are a standout source of Quercetin.

Onion and garlic if eaten every day can provide optimum health benefits. They are found in almost all the kitchens of Indian houses and even in many other countries. The Middle East and the Mediterranean, whereas their fried, baked or pickled variants are a versatile delicacy in their own right.

These natural foods are full of chemicals that can help protect a person from a variety of infections, diseases and illnesses. Garlic and onions help to protect against cardiovascular disease, respiratory concerns, diabetes, and a variety of cancers because of the presence of the antioxidants. A diet rich in garlic helps to lower the total cholesterol rate of an individual, including the bad cholesterol or LDL while at the same time it raises the good HDL cholesterol in the bloodstream.

Garlic is responsible for producing a huge amount of cells in the blood that are deemed "natural killers" and these can help to fight off many different kinds of infections as well as deadly tumors. Garlic lowers blood pressure and it decreases the risk of blood clots developing. Blood clots are to blame for the incidence of many strokes and heart attacks.

Onion can help in increasing bone density and is very beneficial for women suffering from loss in bone density during menopause. Onion and garlic are also rich in a high content of calcium, magnesium, potassium, B vitamins and fiber. Including these two in your daily diet of vegetables can do wonders to your health. Both garlic and onion are part of Ayurveda because of their healing powers. Donâ€™t let go of them because of the smell, they give you much more then the bad smell.

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