

## Lung cancer risk cut by eating raw garlic

**Eating raw garlic twice a week could potentially halve the risk of developing lung cancer, according to a study published in the journal *Cancer Prevention Research*.**

Researchers from the Jiangsu Provincial Center for Disease Control and Prevention in China carried out a population-based case control study between 2003 and 2010, to analyze the link between raw garlic consumption and [lung cancer](#).

The researchers collected data from 1,424 lung cancer patients, alongside 4,543 healthy controls. Data was compiled through face-to-face interviews with the participants, who were asked to answer a standard questionnaire disclosing information on diet and lifestyle habits, including how often they ate garlic and whether they smoked.

**Results of the study showed that participants who consumed raw garlic on a regular basis as a part of their diet (two or more times a week), had a 44% decreased risk of developing lung cancer.**

The study authors say:

"Protective association between intake of raw garlic and lung cancer has been observed with a dose-response pattern, suggesting that garlic may potentially serve as a chemo-preventive agent for lung cancer."

Lung cancer is the second most common type of [cancer](#) in both men and women. According to the Centers for Disease Control and Prevention (CDC), 205,974 Americans were diagnosed with lung cancer in 2009. Long-term smoking is the most common cause of lung cancer, found to account for 9 out of every 10 cases of the disease.

**Interestingly, when looking specifically at participants who smoked, researchers found that eating raw garlic still decreased their risk of lung cancer by around 30%.**

The researchers say that the link between garlic and lung cancer prevention warrant further in-depth investigation. Previous research has also shown that consumption of garlic may have preventive properties against certain forms of cancer.

A study from the New York Presbyterian Hospital and Weill Cornell Medical Center suggested that a compound found in garlic, [selenium, may possess an anti-cancer property](#). Other research from the Medical University of South Carolina, found that [organosulfur compounds found in garlic](#) may play a part in killing brain cancer cells. The widely used herb has also been cited as [preventing and treating](#) other ailments, such as [high blood pressure](#), high [cholesterol](#) and [diabetes](#).