



“Reading Series 2 - Garlic” @ <http://www.youtube.com/ESL4free>

Garlic might be valuable as an antibiotic because..

- A. it attacks bacteria slowly.
- B. it helps reduce blood pressure.
- C. it might destroy superbugs.
- D. its effect is not weakened by bacteria.

Reading Text - Garlic:

The health benefits of garlic have long been known, ranging from claims that it prevents the common cold to much more serious infections. Many of the claims are, at best, unproven; however there are some very positive garlic health facts that are now widely accepted. Amongst the most interesting potential applications are suggestions that garlic might be able to assist some people in the management of blood pressure cholesterol levels. In addition, scientific studies have shown that garlic is a powerful natural antibiotic, albeit broad-spectrum rather than targeted. The bacteria in the body do not appear to evolve resistance to the garlic as happens to many modern pharmaceutical antibiotics. This means that its positive health benefits can continue over time rather than helping to breed antibiotic resistant "superbugs".

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SOME WORDS AND EXPRESSIONS IN THE TEXT

Broad-spectrum: effective against a wide range of organisms.

Cholesterol: a substance containing a large amount of fat found in human tissue and blood, associated with heart disease.

Evolve: to develop gradually (often into something better).

Pharmaceutical: related to the production of drugs/medicines.