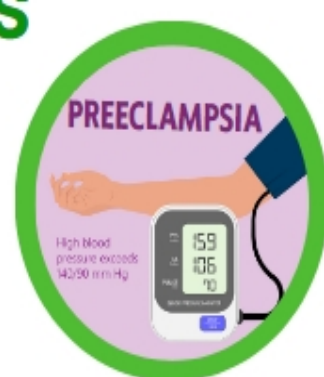


Pros And Cons Of Eating Garlic When **PREGNANT**



Benefits

Garlic lowers the risk
of preeclampsia



Boosts the baby's weight
in pregnancies with a risk
of preterm birth

Increases immunity



Side Effects

May increase the risk of
bleeding more than normal
during a cesarean



Garlic supplements may
lower blood sugar levels
by interacting with insulin

Consuming excessive
amounts of garlic may
cause digestive problems

