Garlic cloves and bulbs. View of several cloves and bulbs of garlic (*Allium sativum*). Garlic is a herb that is extensively used in cooking for its strong, distinctive taste. As well as its culinary uses, it is also a remarkable medicinal herb. It has powerful antibiotic properties when the juice is applied to wounds. It can also be used as an insect repellent. In common with other members of the onion family, it can help to reduce blood cholesterol levels and hypertension (high blood pressure). Oil of garlic is available in capsules for those who desire beneficial properties but dislike the taste. (With permission from Science Photo Library.)