

Epidemic Situation And Virus Control

In recent days, due to the impact of the new coronavirus outbreak in Wuhan, Hubei Province, the development of all aspects of China has been affected to varying degrees. Medical staff from all over the country have gone to Wuhan to fight against the virus. Masks also became a hot commodity for a while. The Chinese people are united in the fight against the epidemic and pay more attention to the knowledge of various viruses.

Here are a few more effective ways to prevent viruses that can be used at ordinary times.

1: Get enough sleep. Get eight hours of sleep every day. Good sleep is not only conducive to the recovery of physical strength, but also can effectively improve the human immune system, enhance disease resistance, and greatly reduce the probability of bacterial invasion.

2: Wash your hands frequently, remove the external virus infection in time, ventilate frequently, keep the air circulation in the space, and the airtight and non ventilated space is more likely to breed bacteria.

3: Eating garlic can also effectively enhance immunity and inhibit the harm of virus to the body. [Chinese garlic suppliers](#) provide reasonable [China garlic price](#) and high quality garlic for consumers all over the world. Eating garlic scientifically helps us keep healthy. Garlic contains allicin and allinine, which can kill microorganisms and play a role in sterilization. It can improve the body's natural defense ability, enhance the immune system and improve the overall health level. This one was mentioned in a 1999 who article.

Allicin can fight colds and coughs, heart disease and dementia. In addition, allicin and other compounds can inhibit tumor growth and reduce the side effects of chemotherapy.

Garlic, whether eaten raw or as a condiment, can play a role in sterilization. However, because of its spicy taste, most people still use garlic as a condiment. Garlic is widely used as a condiment in all kinds of dishes. It has excellent taste and sterilization effect.

Pioneer garlic group is a company dedicated to the processing and export of garlic. We have a professional team and high-quality products for the export of garlic. Welcome to ask us about the import of garlic.

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