



Health Benefits of Garlic for Cooking and Health

By M Usman, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection and Storage Chapter # 4: Best Practices for Preparing Garlic Chapter # 5: Common Uses of Garlic Repelling Mosquitos: Repairing Glass: Natural Pesticide: De-icing: Fish bait: Health Benefits of Garlic Chapter # 6: Cancer Prevention Chapter # 7: Cardiovascular Health Chapter # 8: Antibiotic Chapter # 9: Hip Osteoarthritis Chapter #10: Reduces the Risk of Premature Delivery Chapter #11: Home Remedies Limiting hair loss: Treats cold: Treat Athletes foot Splinters: Clearing acne: Conclusion References Author Bio Publisher Intro Garlic is a vegetable that needs no introductions; it has a reputation and popularity directly opposite to its size; almost everyone in the entire world knows about garlic and its benefits. The usual benefits include culinary medical but garlic is also known to mankind as a tool in welcoming good luck, protecting itself against evil and warding off vampires! Garlic is a member of the onion genus and is known in the scientific community as *Allium sativum*. It is a close relative...



READ ONLINE
[5.13 MB]

Reviews

An extremely amazing book with lucid and perfect reasons. It is actually written in easy words and phrases and never confusing. Your life period will likely be transformed the instant you fully look over this ebook.

-- Tracy Keeling

This publication can be worth a read through, and far better than other. It normally will not charge too much. Your life period will likely be enhanced as soon as you comprehensively read this article pdf.

-- Joyce Boyle