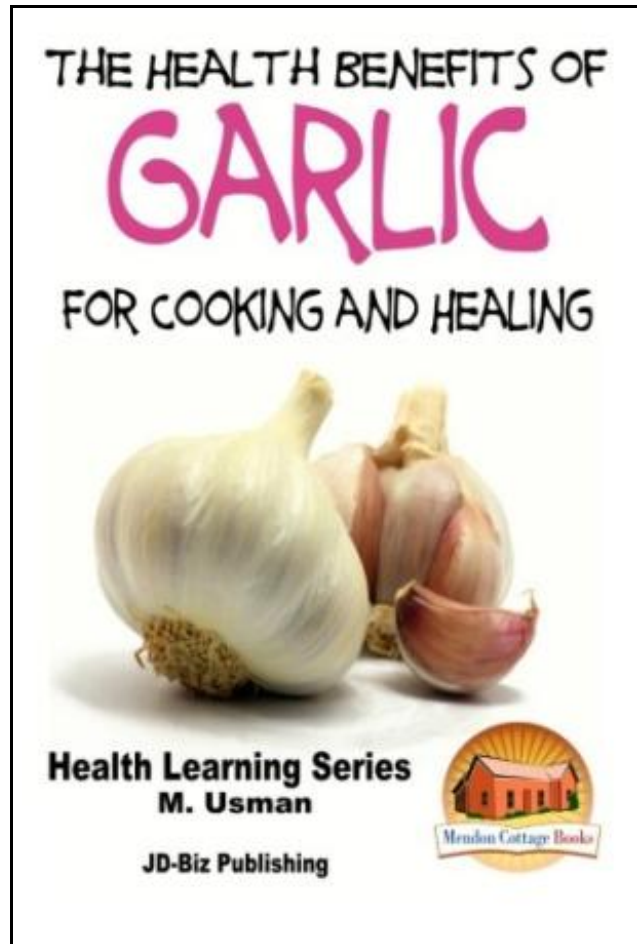


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Reviews

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).
(Daren Raynor II)

HEALTH BENEFITS OF GARLIC FOR COOKING AND HEALTH (PAPERBACK)



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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 to the leek, chive, shallot, rakkyo and of course onion. The head of the garlic plant is the part that is generally used and referred to as garlic; each bulb consists of many small and independent, fleshy sections known as cloves. Both the bulb and the cloves are enclosed in premature, almost transparent sheets of pure white, off-white or purple/pink color. The cloves are the part that are usually consumed (raw or cooked) or used for medicinal purposes and are characterized by a firm texture. As soon as garlic hits the palate, it gives a hot, pungent taste with continuous...



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