



## Health Benefits of Garlic for Cooking and Health

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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...



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