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## The Healing Power of Garlic

By Paul Bergner

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. Garlic is nature's wonder drug. Its medicinal value has been understood by herbalists for at least 2000 years. Garlic contains hundreds of minerals and nutrients. It is an antibiotic against colds and infections; an anti-inflammatory against arthritis; an immune stimulant against cancer; an aid to remove cholesterol, toxic metals, and radiation; a relaxant to relieve stress and hypertension; and a nutrient against anemia. Whether it's crushed or finely chopped and eaten raw or added to cooked food just before serving or taken as an odorless supplement is down to individual preference. What is clear is that garlic offers tremendous health benefits. The Healing Power of Garlic discusses the historical uses of garlic, current research findings, and how to prepare and apply it for various ailments. Garlic has powerful antibiotic, antiviral and antifungal characteristics. Garlic is as effective as many modern antibiotics, without the dangerous side effects. Printed Pages: 264.



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