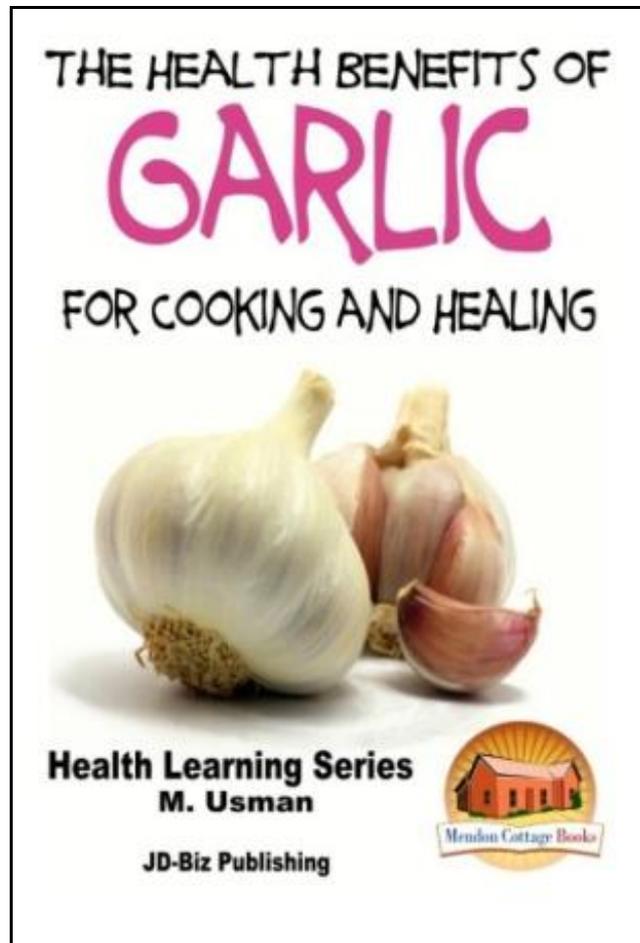


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HEALTH BENEFITS OF GARLIC FOR COOKING AND HEALTH



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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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