

GARLIC

Know Everything About The Aromatic Powerhouse - Garlic

Scientifically known as *Allium sativum*

Belongs to the onion family and its segments are known as cloves



Known for its unique flavour and culinary versatility

There can be 15-20 cloves in one garlic



Strong Bones

Lehsun has properties that encourage estrogen production that helps control bone loss and can even protect from bone problems.



Detoxify Your Body

Because garlic contains sulfur, which has antioxidant properties that help eliminate harmful toxins from the body.



Reduces Fatigue

Its wealth of nutritional compounds works together to offer an energy-boosting effect to the body.



Better Immunity

Lehsun is full of antiseptic, antibacterial, and antifungal properties that help to destroy the viruses that try and enter your body, hence promoting better immunity.



Protects From Cold

Its extraordinary antiviral and antibacterial properties make it a perfect ingredient to relieve cold episodes.



Healthy Digestive System

Because of its high sulfur content, it helps the digestive system to flush out toxic substances from the body

Health Benefits



Ways To Add Garlic In your Diet



Add it to any savory dish to enhance their flavours



Tastes delicious when added to soups and sauces



Salad (use it as a salad dressing)

Side Effects Of Overeating Garlic



Garlic's distinct odour can be a problem for some people



Some people may even experience heartburn

Garlic For Health

Brent Agin, Shereen Jegtvig



Garlic For Health:

Bioactive Compounds in the Storage Organs of Plants Hosakatte Niranjana Murthy, Kee Yoeup Paek, So-Young Park, 2024-03-30 This book offers a comprehensive and authoritative review of bioactive substances found in plant underground stems roots rhizomes corms and tubers from all around the world Tubers and starchy roots are plants that store edible starch content in underground stems roots rhizomes corms and tubers They are a key source for both human and animal consumption and are rich in carbohydrates They are widely used as industrial crops as well Phytochemicals found in tubers and roots such as phenolics terpenoids and alkaloids have anti inflammatory anti cancer hypoglycemic hypocholesterolemic and antibacterial properties Except for common potatoes sweet potatoes and cassava the nutritional and health benefits of many tuberous crops have not yet been adequately investigated This book sheds new insights into these topics by addressing several plant metabolites found in storage organs which can be seen as scientifically neglected even though they have a high economic relevance as food and pharmaceutical sources Divided into 6 parts this book discusses how bioactive chemicals found in plant storage organs are synthesized and how their bioactive principles are specifically expressed in underground stems roots rhizomes corms and tubers Additionally each chapter includes background information on the plant its parts its nutritional makeup chemical components and biological functions Given its breadth the book appeals to a wide readership from scholars through graduate and post graduate students to professionals in the industry

Superfoods For Dummies Brent Agin, Shereen Jegtvig, 2009-04-13 Transform your diet and reap the extraordinary benefits of superfoods Want to eat healthier lose weight and fight off disease You can do it with superfoods This friendly guide explains everything you need to know why you need superfoods the science behind them and how to prepare and enjoy them From bananas and carrots to oatmeal and salmon you ll gain a healthy attitude toward eating right Get the skinny on superfoods know the basics of a balanced nutritional diet and why superfoods are so powerful Take a closer look examine the unique properties of superfoods and the best ways to store and prepare them Explore exotic flavors discover Asia s goji berries Mexico s chia Indonesia s mangosteen and other unusual superfoods Launch your superfoods lifestyle plan healthy meals you and your family will enjoy Open the book and find A nuts and bolts breakdown of each superfood Ways to incorporate superfoods into your everyday diet Tips for saving money on superfoods The healthiest cooking methods More than 50 easy to prepare tasty recipes from breakfast to dessert The top dietary supplements How to grow your own superfoods garden

National Geographic Complete Guide to Natural Home Remedies National Geographic, 2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods

Notices of Judgment Under the Federal Food, Drug, and Cosmetic Act United States. Food and Drug Administration, 1949

Better Nutrition , 2000-05 Reaching nearly 1 million

readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products

Superfoods For Dummies, Pocket Edition Brent Agin, Shereen Jegtvig, 2010-12-08 Take control with superfoods Want to eat healthier lose weight and fight off disease Superfoods can help you do it This handy pocket guide helps you understand why you need superfoods the science behind them and how to prepare and enjoy them From fruits to fish you ll get started eating right Open the book and find Ways to transform your diet Easy and delicious superfood recipes How to prepare extremely healthy foods Why each superfood is super Ways to control your weight with superfoods *May 2008 Edition* ,

First Nation's Cookbook Sandra McGrath, 2018-10-05 Welcome to my cookbook This book contains Native American recipes hunter s recipes and a few Appalachian recipes I also placed in a few recipes that are more modern but tried to use ingredients that were around two hundred years ago First Nation Cookbook is not just a cookbook there is a section using herbs and spices for medicinal teas and I used WebMD to explain any type of problem that could arise There is a blurb not my authorship about the Abenaki Indians and a couple of our legends There is even a section of tips and cultural crafts included I believe this book is different from any other cookbook and I hope you enjoy trying some of the recipes All proceeds from this book are going to the tribe for education of our Tribal community as well as the general public

Jane Brody's Good Food Book Jane E. Brody, 1985 Analyzes what is wrong with the modern diet shares healthful recipes provides advice on selecting and preparing food and recommends an exercise program *Garlic in Health, History, and World Cuisine* Susan Boro Moyers, 1996

Vegetarian Times , 1997-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

McCall's , 1995-04 **Garlic for Health** Benjamin Lau, 1988 **Women's Health Wisdom 2002** Health Magazine, 2002 Real life solutions from the editors of Health Magazine

Interstate Milk Producers' Review , 1920 *Electric Railway Service* , 1917 *The Journal of Horticulture and Home Farmer* , 1909 *Journal of Horticulture, Cottage Gardener, and Country Gentleman (varies Slightly)* , 1909 **Seminar** , 1982 **Garlic for Health** David Roser, 1990-01-01

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