



# **The Garlic Effect: Discover the Powerful Health and Beauty Benefits of Using Garlic You Never Knew About**

*Sandi Lane*

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**The Garlic Effect: Discover the Powerful Health and Beauty Benefits of Using Garlic You Never Knew About** Sandi Lane

**Discover the Powerful Health and Beauty Benefits of Using Garlic You Never Knew About** Garlic, in some places, is considered a wonder drug with its many curative properties. It belongs to the onion family with relatives like onion, shallot and leek. A native of Central Asia and also frequently used in other parts of the world both for culinary and medicinal purposes Garlic is effectively used in a plethora of natural treatments. Its medicinal value can be attributed to the presence of a sulphur-containing compound called 'allicin'. Allicin has anti-inflammatory, antibacterial, antiviral and antifungal properties. Garlic's health benefits are innumerable. This book contains useful information on the many wonders of garlic and the proven benefits and preventions obtained through its natural use. **Here Is A Preview Of What You'll Learn...**

- Garlic Trough the Years
- What's Inside That Bulb Anyway?
- Anti-inflammatory Agent
- Hair Loss Solution
- The Healthy Weight Loss Buddy
- Treatment of Cold Sores
- Prevention of food poisoning
- ...and Much, much more!

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