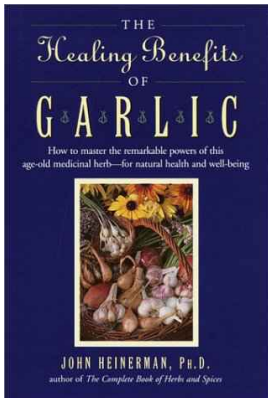


Healing Benefits of Garlic



Title : Healing Benefits of Garlic
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John Heinerman

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For thousands of years -- from the time of the Mesopotamian empire to the present day -- garlic has been recognized as one of nature's most powerful effective medicinal aids. Now this helpful guide to garlic draws on both the ancient texts the latest scientific data to provide a unique comprehensive overview of the remarkable herb's therapeutic value. Author John Heinerman, is ed.-in-chief of the alternative health care quarterly "Folk Medicine." Chapters include: when garlic was first used ...

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