

Garlic health & Healing power

Whooping cough

Headache (Migraine)

Cardiovascular Diseases

Hysteria and upset stomach

Toothache



The Healing Power Of Garlic

Paul Bergner



The Healing Power Of Garlic:

The Healing Power of Garlic Paul Bergner, 1996 Healing traditions have recognized garlic as a natural wonder drug for thousands of years Now medical research indicates garlic may prevent and even reverse high blood pressure heart disease and cancer as well as a host of other serious health problems In fact a recent head to head comparison proved garlic just as effective as the leading cholesterol reducing drug in lowering cholesterol levels This comprehensive handbook describes exactly how to use garlic as a versatile powerful and effective medicine for a tremendous variety of common illnesses The simple treatments described in this book can help you Prevent cancer Lower your cholesterol level Reverse high blood pressure Boost your immune system Overcome fatigue Resist colds and flu Prepare healing garlic oil ear drops poultices syrups ointments and other garlic treatments

The Healing Power of Garlic John Heinerman, Universal Magazines, 1998

The Healing Power of Garlic Paul Bergner, 1996-09-01 Healing traditions have recognized garlic as a natural wonder drug for thousands of years Now medical research indicates that garlic may prevent lower your cholesterol level reverse high blood pressure boost your immune system overcome fatigue resist colds prepare healing garlic oil ear drops poultices syrups ointments other garlic treatments

The Healing Power of Garlic, Vinegar, & Olive Oil Gayle Povis Alleman, 2006

Explores the potential medicinal and health benefits of garlic vinegar and olive oil and provides practical guidance on getting the most from these natural healers ra Reveals how including these flavorful foods in your diet can help fight medical conditions such as heart disease and diabetes protect the body s cells from damage and replace unhealthy dietary ingredients ra Includes practical information and tips on buying storing and using these foods to capture their healing benefits as well as dozens of delicious recipes that make it easy to get your share of them

The Healing Powers of Vinegar Cal Orey, 2000 The author explains how to use the versatile healing powers of vinegar to retard osteoporosis slow the effects of aging reducing headaches reduce cholesterol suppress the appetite and cure ailments ranging from dandruff and menstrual cramps to sinus congestion and acne in a guide that also comes complete with over 100 food and beauty preparations

The Healing Power of Garlic Oil BookGuide Tommy Julius Ph D, 2020-12-11 Garlic h b n u d for blood vessel d atherosclerosis nd h gh bl d r ur h rt n n C n ult your d t r f r m r nf rm t n f you h v heart or blood v l d r h gh bl d r ur S m h rb l d t r u l m nt products h v b n found t contain bl h rmful m ur t dd t v Check with your h rm t f r more details about th br nd u u L t f d b th medicine nd medicine be th f d Those are f m u words fr m th n nt Greek h n Hippocrates ft n called the f th r of Western medicine H tu ll u d to prescribe g rl t treat a variety of m d l nd t n M d rn n h recently confirmed many of these b n f l health ff t

The Healing Power of Vitamins, Minerals, and Herbs, 1999 This comprehensive reference contains the information families need to use vitamins minerals and herbs wisely whether they are interested in maintaining good health coping with everyday complaints or dealing with serious diseases 300 color photos illustrations charts

Herbs for Health and Healing - The Healing Power of 10 Herbs, Spices and Healing Plants John Davidson, Duep J. Singh, 2013-05-15 Herbs for Health and

Healing The Healing Power of 10 Herbs Spices and Healing Plants Table of Contents Introduction Cinnamon Cinnamomum zeylanicum Best Time Tested Remedy for Colds Making a Ginger and Cinnamon Decoction Cayenne Capsicum minimum Cayenne Hot Oil Making an Infused Oil Lemon Citrus lemonum Lemon for Fever Lemon Compress Lemon for Beauty and Health Skin Balm Lemon Body Lotion Cardamoms Elettaria cardamomum For Caffeine Addicts Mind Clearing Potpourri Onions Allium cepa Onion milk Onion Poultice Traditional Soups Garlic Allium sativum Garlic Bread and Garlic Butter Garlic Rub Cloves Eugenia Aromatica Analgesic Rub for Headache and Backache Fennel Foeniculum Vulgare Fennel as a Diuretic How to Make Herbal Teas Smoking Fennel Seeds Parsley Healthy Parsley Soup Rosemary Making a Rosemary Tincture Rosemary Conditioner Conclusion Author Bio Introduction This 21st century world is full of toxic water poisoned air and chemical pollution We are also very worried about the thinning ozone layer because it is definitely going to have a bad after effect on our climate and then correspondingly on our health This is the reason why we are looking towards the use of natural elements to keep us healthy and fit That is because we have understood the fact that chemical based drugs are efficacious on a short term basis but they do not heal us long term Besides there is always the chance of dangerous side effects And so our health is ruined because we could not prevent ourselves from popping that pill Ancient remedies on the other hand have been passed down through centuries Many of us consider these remedies to be quack remedies because many of them have not been subjected to scientific research and a stamp of experienced researchers telling you all right it is useful to add a lot of cinnamon to your diet because that has been scientifically proven to cure 99% of bacterial and viral infections Nevertheless there are a lot of infections which have been proven down the millenniums to be cured only by practical and natural remedies Many of these practical remedies have been in use for thousands of years and are still in use because they have proved their time tested efficacy over and over again in solving your health problems and curing you Best you are going to be cured from the root and the effects are going to be long term No matter what ailment you suffer from you can always do something with a little bit of knowledge and a little bit of help from nature to enhance your well being and good health Many of us living in the cities are terrified of picking up any useful herbal plant material growing wild and which we encounter when we are on open air ambles because we know that they have been contaminated from lead from vehicle exhausts and also could have been sprayed with agri chemicals Also we do not have the herbal lore which was taught to our ancestors by their ancestors There was a time when every proud housewife worth her salt knew all about herbs spices and natural remedies and had a still room in which she used to brew herbal remedies to keep our family healthy and happy and natural ointments to keep them youthful looking Gathering herbs from the wild can only be done by those botanists and herbalists will have extensive knowledge of the beneficial points of plants So that is the reason why a large number of the plants which I am going to describe to you in this book can be easily found in your local market **Healing Power of Garlic** Publications International Ltd. Staff,2007-03-30 Explores the potential medicinal and health benefits of garlic and

provides practical guidance on getting the most from this natural healer The Healing Power of Nature Foods Susan Smith Jones, 2010-06 Think health whole foods and simple lifestyle choices that s the basic premise behind this informative book While we all know that healthy eating is one of the main keys to a long life few of us understand which specific foods and other lifestyle choices can help protect the body and cultivate optimal health This book combines the latest research on the HOT 50 super foods that prevent the most common age related illnesses with essential information on the healing power of raw foods sleep pH balance water exercise and a positive grateful attitude It offers you a comprehensive understanding of the amazing health potential of plant based foods and shows you how to enjoy a level of health and vitality you never dreamed possible

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