



## Garlic Solutions: A Guide to Choosing, Using and Growing Nature's Super Food

By M B Ryther

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Garlic may be a little plant, but it delivers big results. Not only does it put flavor and zest in any dish it's added to, but it's packed with 200 chemical compounds, vitamins, and minerals that work together to make it a nutritional wonder. Add to that its antibacterial, antiviral, antioxidant, and antifungal properties, and you're looking at a food truly deserving of the super food title. Whether you're a garlic connoisseur, a weekend gardener, a curious cook, or a health-conscious baby boomer, Garlic Solutions will help you make the most of your homegrown or store-bought garlic. Here's a taste of what's inside: \* From fresh to freeze-dried, from powdered to pills, an in-depth look at the types of garlic available and the best way to use each. \* Which type of garlic a noted cardiologist says you should take daily alongside your multivitamin. \* How to grow your own garlic, no matter where you live. It's easier than you think. \* How to create a garlic barrel, a fun way...



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