



# The Garlic Book: Nature's Powerful Healer

*Stephen Fulder*

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# The Garlic Book: Nature's Powerful Healer

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## **The Garlic Book: Nature's Powerful Healer** Stephen Fulder

To answer all your questions about garlic, world-renowned medicinal plant expert Dr. Stephen Fulder has written The Garlic Book. Here is an easy-to-understand guide to using garlic, based on the latest scientific findings. In this book, Dr. Fulder provides you with the information you need to make garlic a part of your everyday life. The prevention of heart disease is garlic's most important role, and this is discussed thoroughly in all its aspects. You will learn how heart disease occurs, and how garlic is beneficial in preventing and treating it. Suggestions are given on how to include garlic in your diet. Garlic's traditional use as a natural medicine is discussed, and its use in the treatment of various infections is also examined. Finally, detailed information is provided on including garlic in a self-care regimen for maximum benefit.

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