



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

*M.B. Ryther*

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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 "superfood" 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 little taste of what's inside:

- \* From fresh to freeze-dried, from powdered to pills, an in-depth look at the many 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 to include your kids in garlic cultivation.
- \* Tips, tricks, and hints to make cooking with garlic a hassle-free and flavor-rich experience.
- \* The easy way to roast garlic and a multitude of ways to use it.
- \* Simple recipes for garlic bread, butter, and more.
- \* The three components of cardiovascular health and how garlic benefits them all.
- \* Garlic's newest scientific frontier: fighting cancer.
- \* An antibacterial and antiviral drink to keep you healthy during cold and flu season.
- \* A unique way to remove garlic odor from your hands. All you need is a spoon.
- \* Folk remedies for maladies A through Z from all over the world.
- \* Unusual uses for garlic. Hint: one involves marshmallows and fish.
- \* Garlic trivia, fun facts, and smile-inducing quotes, from Shakespeare to Dr. Seuss.

*Garlic Solutions* is all this and more! Start reading today. Start living better tomorrow.

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