

A common spice, garlic has been used for thousands of years for its powerful medicinal properties. Folklore or fact? In recent years, scientists have documented how this flavorful ingredient, rich in beneficial antioxidants, can help lower cholesterol levels and blood pressure and protect against coronary heart disease, cancer, and many other diseases. In this Users Guide, Dr. Fulder explains everything readers need to know about garlic, including how to use it for maximum benefits.

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