



# **Benefits of Turmeric, Ginger, Garlic and Fruit Diet: Effective Natural Healers : Boxed Set # 5 (Powerful Natural Healers - Boxed Sets Book 16)**

*Sukhmani Grover*

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## **Book # 1 - Miraculous Healing Powers and Natural Remedies of Turmeric, Garlic and Ginger**

The Book makes you aware of the Amazing Health Benefits of Turmeric, Ginger and Garlic. These 3 powerful spices can add so much value to your diet and provide such great healing powers that you will be almost amazed once you are through with this book. The book explains why you must make these potent spices a permanent part of your diet plan and why you can't afford to live without them. Once you are aware of the benefits on offer you will automatically crave to consume these spices on a daily basis. So let's take a look at what this book has to offer -

- Discover all the Health Benefits as well as side effects of Ginger, Garlic and Turmeric
- Find out about the excellent anti-inflammatory and anti-oxidant properties of

**turmeric, its brain boosting functions, how it can help prevent alzheimer's, cancer, diabetes, several cardiovascular diseases, arthritis, depression, aid improved liver function and a number of other ways it can help you develop sound health.**

- **Uncover the lesser known uses of ginger and how it can save you from colon and other cancers, reduce nausea, keep respiratory problems at bay, cure hypertension, improve digestion, relieve flatulence, menstrual pain, provide relief from simple and migraine headaches and wide variety of other applications and uses it can be put to.**
- **Discover how garlic can help fight asthma, build natural immunity of the body, save you from hypertension, prevent growth of cancerous cells, help grow beautiful hair, improve digestion, control your weight, improve bone health, clear acne, prevent alzheimer's and wide variety of other uses and benefits of garlic.**

**The book provides you a wonderful opportunity to acquaint yourself with the healing powers and health benefits of turmeric, ginger and garlic. By reading this book you will be able to take advantage of the immense benefits that these simple spices can bestow upon your health. The best part is that they are easily available and abundant now. So let's begin this journey where we uncover all the secrets and lesser know uses and applications of Turmeric, Ginger and Garlic**

## **Book # 2 - Discover Why Apples, Bananas, Mangoes and Oranges Will Go To Heaven?**

**Discover how eating these common fruits can strengthen your health and save you from such a wide variety of Health Problems. You will be just amazed and stunned to find the wide variety of health problems that these fruits can provide you protection from. This book will help you –**

- **Discover the Health benefits of all these fruits as well all the ways they can contribute to your health.**
- **Find out how apples can boost your immunity, help reduce cholesterol, help regulate**

**blood sugar, fight cancers, save you from harmful impact of free radicals, aid in preventing cataract, control your blood pressure and a variety of other ways it can boost your health.**

- **Uncover the truth about how bananas can improve your digestion, help remove stomach ulcers, provide relief from acidity and heart burns, stabilize your blood sugar, make you more intelligent, prevent kidney cancers, lower your body temperature in fever, help you quit smoking and other ways in which they boost your health.**
- **Delight yourself with the knowledge of how mangoes can save you from various cancers, lower down the levels of bad cholesterol, help maintain body's alkaline balance, help regulate your insulin levels, boost immunity, prevent heat stokes, help find dandruff and much more.**

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