

# Pdf free Onion and garlic (Download Only)

garlic is a plant in the onion family grown for its distinctive taste and health benefits it forms sulfur compounds which experts believe to be responsible for some of those health benefits many of us love garlic and if you count yourself in that group you're in luck because the allium provides some pretty impressive health benefits when eaten regularly we dove into the research to find out exactly what you can expect for your heart digestion and immune system function garlic is a nutritious spice with the potential to help blood pressure immune system function and heart health learn about raw garlic and supplements 12 health benefits of garlic health effects explained overview immunity memory blood pressure cholesterol heart disease activity bone health digestive health inflammation cancer skin heavy metals how to take garlic side effects faqs summary medically reviewed by peter pace ms rdn cscs cpt written by alex prosser not only does it add flavor to dishes but it also has many health benefits there are two main types of garlic hardneck and softneck with dozens if not hundreds of varieties of each and each of these has its own unique flavor and characteristics in this article we'll explore 38 popular varieties of garlic and what makes each special in addition to being delicious garlic offers significant health benefits from boosted immunity to treating sore muscles garlic is a powerhouse of wellness

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