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

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.**

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

- **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 strokes, help find dandruff and much more.**
- **Familiarize yourself with various health benefits of oranges like how they can keep your arteries clean, prevent all kinds of cardiovascular problems, save you from different kinds of cancer, keep your blood sugar levels in check, help you have lovely hair, keep constipation at bay, save you from viral infections and other ways it can add to your health and vitality.**

Book # 3 - Miraculous Healing Powers of Olive Oil

Olive Oil is blessed with numerous health benefits which can really boost your daily

health and provide relief from a variety of health problems, skin and hair problems. It is great for your heart , digestion and has a number of innovative applications. This book will tell you all that you wanted to know about olive oil, its various types, characteristics, interesting facts and irresistible applications in day to day life. In essence you will learn all the ways olive oil can provide you a richer living experience.

- **Discover How Olive Oil Can Infuse Life Into Your Hair ?**
- **What Olive Oil Can do for Your Skin ?**
- **How You Can add to Your Beauty By Using This Oil ?**
- **What makes Olive Oil so Heart Friendly ?**
- **Why Olive Oil Should be Your primary choice as a Cooking Medium ?**
- **How Olive Oil Can help combat Diabetes, Cancers and Skin Problems ?**
- **Why Olive Oil Can help in better Digestion?**

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Janice Arias:

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Martin Song:

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Incredible Healing Powers of Turmeric,Ginger, Garlic, Fruit Diet and Olive Oil: A Combo of 3 Best Books on Benefits of Turmeric,Ginger, Garlic, Fruit Diet ... Healers - 3 Books Boxed Sets Book 22) can be good book to read. May be it may be best activity to you.

Carl Harber:

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