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# Unbelievable Health Benefits of Turmeric, Ginger, Garlic, Fruit Diet and Honey: A Combo of 3 Most Popular Books on Nature's Most Potent Healers (Powerful Natural Healers - 3 Books Boxed Sets Book 19)

*Sukhmani Grover*

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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 stokes, 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 - Honey & Its Miraculous Healing Powers

**This Book will Tell you everything you have wanted to know about the Miraculous Healing Powers of Honey. You will discover why you need to make it a part of your daily diet and how a few spoons of honey daily can make you much healthier and stronger. This is what you can expect to get from this book -**

- **How to Lose Fat ad Effectively Lose a Lot of Weight Quickly and Easily With Honey**
- **How to Use Honey To Enhance Your Beauty and for Skin Care**
- **How Honey Increases Your Immunity and Resistance to Diseases**
- **How Honey is Better than Sugar for Diabetics**
- **The Miraculous Wound, Cut and Burn Healing Ability of Honey**
- **How Honey Increases your Stamina and Acts as a Wonder Food for Athletes**
- **The Sleep Inducing Power of Honey**
- **How honey can help in better food digestion**

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