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Book # 1 - 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**
- **Honey for Fighting Hangovers**
- **How Honey Can Relax Your Throat, Sooth Your Coughs and get Rid of Colds**
- **Learn if Honey is Safe for the Infants**
- **How to Test if Honey you are Buying is Pure or Not**
- **Comparison of Sugar and Honey – Which is better for Your Health**
- **What are the Different Types of Honey**
- **What are the Various Delicious Forms of Honey**

In short you will learn all that you have wanted to know about Honey and get most of your questions answered about honey. I can almost bet that after reading this book you will feel that you are really missing out on a lot if you have not made Honey a part of your everyday diet. So come with me and discover the Miraculous healing Powers of Honey and its numerous other Health benefits and applications.

Book # 2 - 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.**

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