



## Health Benefits of Rosemary for Cooking and Health (Paperback)

By M Usman, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health Benefits of Rosemary For Cooking and Health Table of Contents Preface Getting started Chapter # 1: Intro Chapter # 2: How is rosemary commonly used? Chapter # 3: Types of rosemary Chapter # 4: Selection, cultivation and storage tips Chapter # 5: Precautions Benefits of rosemary to the brain Chapter # 1: Enhances memory and concentration Chapter # 2: Provides neurological protection Chapter # 3: Helps against migraines Chapter # 4: Eases stress Benefits of rosemary to the body Chapter # 1: Fights cancer Chapter # 2: Protects from macular degeneration Chapter # 3: Improves hair growth Chapter # 4: Improves digestion Chapter # 5: Skin care Chapter # 6: Good source of Vitamin C Conclusion References Preface Herbs have been used as natural remedies to all sorts of health problems for centuries. The ancients Greeks in particular, put a lot of emphasis on the use of herbs in the treatment of a variety of medical conditions. To this day, Greek medicine is practiced by its advocates as an alternative to contemporary medicine. In...



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