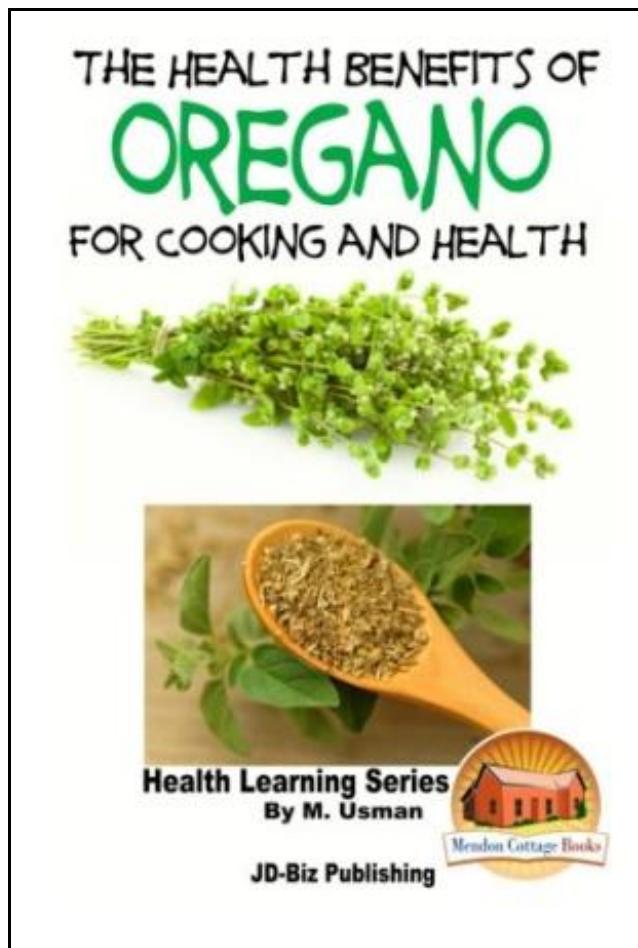


The Health Benefits of Oregano for Healing and Cooking



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Reviews

It is one of my personal favorite ebook. It is probably the most awesome publication I have read through. You won't really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).

(Juliet Kertzmann)

THE HEALTH BENEFITS OF OREGANO FOR HEALING AND COOKING

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Health Benefits of Oregano For Healing and Cooking Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: How is oregano commonly used? Chapter # 3: Cultivate your own oregano Chapter # 4: Ways to use oregano in cooking Chapter # 5: Oregano storage techniques Chapter # 6: Precautions Benefits of oregano to the brain Chapter # 1: Boosts mood and mental function Benefits of oregano to the body Chapter # 1: A potent antibacterial substance Chapter # 2: Strengthens the immune system Chapter # 3: Fights prostate cancer Chapter # 4: Fights eczema Chapter # 5: Causes weight loss Chapter # 5: Delays menopause in women Conclusion References Preface There are dozens of plants out there that nature has gifted with endless bounties. We use many of these plants merely for decorating our homes or spicing up our foods when in fact, they hold the secret to curing many deadly diseases and improving our lifestyle in novel ways. Our ancestors were aware of the health benefits of these plants but we have forgotten them in favor of contemporary medicine. We spend so much on health treatments when all we need is to inculcate these plants into our routine lives to take care of many dangerous health conditions. Of the many beneficial spices and herbs that nature has provided, oregano is one of particular note. Known scientifically as *origanum vulgare*, it belongs to the mint family and belongs originally to the warm to moderate regions of Eurasia and the Mediterranean. Having a height ranging from twenty to eighty centimeters, it is characterized by opposite leaves and flowers that are purple and...



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