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## The Health Benefits of Oregano for Healing and Cooking

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 \*\*\*\*\*.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...



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