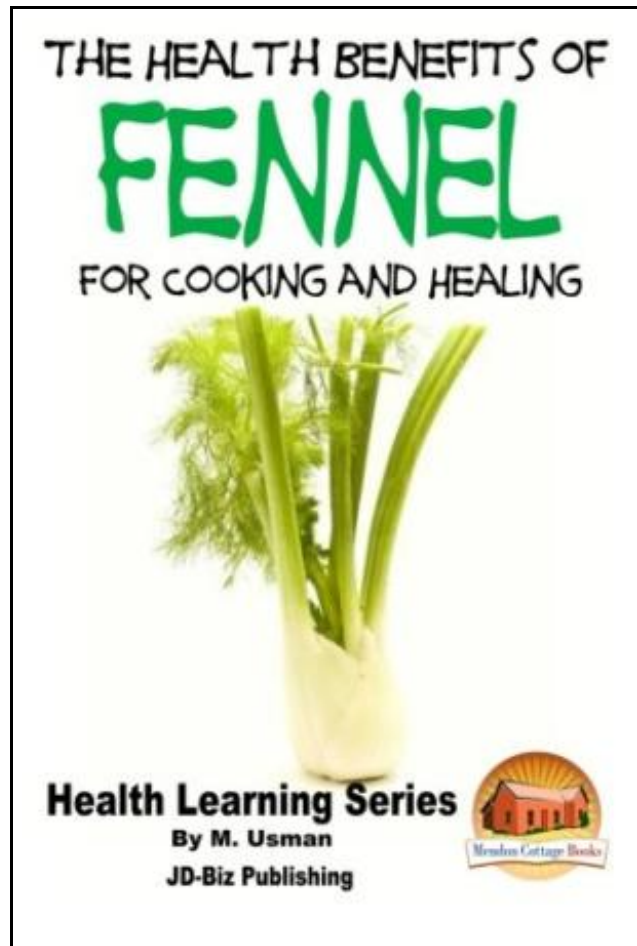


Health Benefits of Fennel for Cooking and Healing



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Fennel For Cooking and Healing Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: How is fennel commonly used? Chapter # 3: Types of fennel Chapter # 4: General tips about fennel Chapter # 5: Let no part go to waste! Chapter # 6: Fun ways to cook fennel Benefits of fennel to the brain Chapter # 1: Protects against brain degeneration Benefits of fennel to the body Chapter # 1: Fights cancer Chapter # 2: Boosts eyesight Chapter # 3: Helps in digestion Chapter # 4: Alleviates menstrual pain Chapter # 5: Fights inflammation Chapter # 6: Good for the skin Chapter # 7: Eases respiratory problems Chapter # 8: Counters anemia Chapter # 9: Acts as a diuretic Chapter # 10: Improves lactation Conclusion References Preface Spices are consumed throughout the world by culturally diverse populaces and in cuisines both Eastern and Western. Aside from lending unique and delicious flavor to our food, these spices have some incredibly powerful health benefits that make their consumption ideal for boosting our health too. This ability of spices to make our food both tasty and healthy is the reason why they are found in all kinds of cuisine. There are dozens of spices that work wonders for one's health; this book discusses in detail a truly beneficial little spice called fennel. This crispy and sweet tasting herb is used to enhance Mediterranean cooking and is frequently linked to Italian cuisine. It comes highly recommended as a part of your stock of fresh vegetables for the days between autumn and spring. The great thing is that the usefulness of this herb does...

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