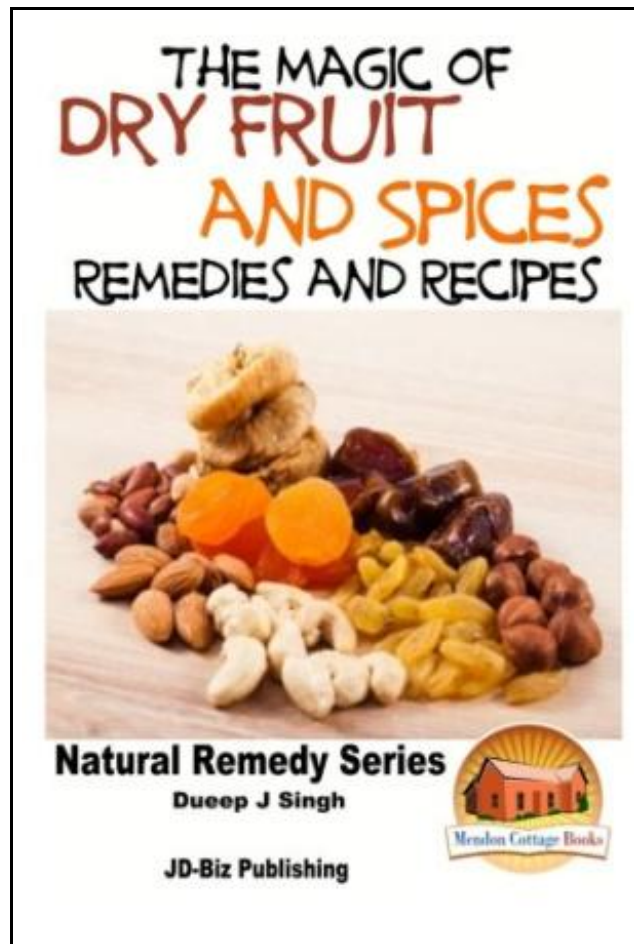


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THE MAGIC OF DRY FRUIT AND SPICES WITH HEALTHY REMEDIES AND TASTY RECIPES



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Magic of Dry Fruit and Spices With Healthy Remedies and Tasty Recipes Table of Contents Introduction Dates The Hot and Cold Nature of a Date Weight Gain through Dates Date Seeds to Heal Wounds Suffering from Asthma? Multifarious Winter Ailments Cure Cashew Nuts Memory Enhancer Digestive Problems Cashew ice cream How To Make Coconut Cream And Coconut Milk How to Make traditional Khoya Cumin Seeds Cumin- water Suffering from Hemorrhoids? Suffering from Mild Fever? Suffering from Infected Skin Ailments - Including Acne? High Blood Pressure Remedy Conclusion Author Bio Introduction Being an avid botanist and herbal knowledge seeker since childhood, and later with a Degree in Natural Sciences, - Botany And Zoology foremost-I was happy to find that most of the plants, which I knew growing in my different gardens or in the woods just outside the boundary wires of our houses, nearly every plant had some medical, culinary or beauty use, coming down from the ages. The first medicinal compendium in the East was written more than 5000 years ago in India and before that, in China. In the West, also Western Wise men, especially in Greece, more than 3000 years ago began noting down the knowledge of the nature of plants and they are medicinal value and remedies, taught to them by their teachers and masters. One blesses the time, dedication, energy and effort taken in writing down all this knowledge, because in prehistoric times, all this knowledge was passed down through word of mouth. And most of it got lost because nobody had any visible and readable records of that knowledge. But the moment human beings got to know about writing materials like clay...

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