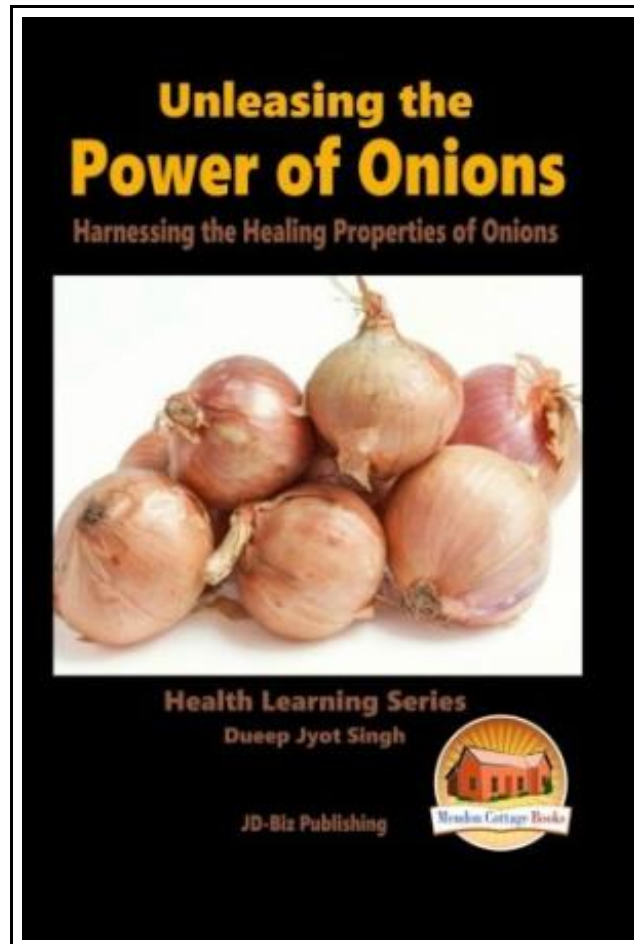


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UNLEASHING THE POWER OF ONIONS - HARNESSING THE HEALING PROPERTIES OF ONIONS




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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Types of Onions White Onions Red onions Pink/Yellow Onions Leafy Onions Onions for Nutrition Onions for Diabetics Onions for Stomach Problems Diarrhea and Cholera Preventative Onions to prevent Cholesterol buildup Onions for Urinary Infections Inflammation of Joints and Osteoarthritis Onions to Cure Depression Onions to cure Coughs and Colds Anti-aging benefits Of Onions Onion Juice to Remove Scars Onions for Sunstroke Onions as an Appetite Enhancer Traditional Onion Recipes Stuffed Onions Traditional Onion Soup How to Dry Onions Conclusion Author Bio Publisher Introduction I remember an Italian friend, who decided to cook a homemade meal for her hungry family, one leisurely weekend. All the ingredients for a delicious meal were right at hand. Suddenly I heard the song - she sang when she cooked - broken midway and abruptly. Where were the onions? All the herbs were there, and so were the spices. Garlic was also there in large quantities, but where were the onions? Imagine cuisines from all over the world which have not been flavored with members of the onion family like onions, garlic, leeks, and shallots. I can just understand how she felt, especially when a large multitude of people all over the world are not going to consider a meal complete, and less it is been accompanied with onions in some form or the other. There are 325 varieties of onions, found all over the world and it has been shown during archaeological surveys and through historical records that onions and mankind go together, just like bacon and eggs, salt-and-pepper and so on. You can eat onions raw, boiled, baked, cooked or in any way you wish. It is believed...

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