

# Health Benefits of Cranberries - For Cooking and Healing

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## Reviews

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Health Benefits of Cranberries - For Cooking and Healing Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection and Storage Chapter # 5: Individual Concerns Health Benefits Chapter # 1: Anti-Inflammatory Agent Chapter # 2: Protection against Urinary Digestive Tract Infections Chapter # 3: Prevention against Kidney Stone Formation Chapter # 4: Antioxidant Anticancer Effect Chapter # 5: Boosting the Cardiovascular System Recipes Chapter # 1: Cranberry Eggnog Cornbread Scones Chapter # 2: Cranberry Walnut Bread Chapter # 3: Holiday Cranberry Sauce Conclusion References Author Bio Publisher Intro Cranberries are one of the most popular berries around the globe and are well-known for their delicious use in holiday celebrations; in the form of drinks, sauces and stuffing. What most people don t know, are the vast, and largely ignored, health benefits of this berry. Wild, unique and natural by habitat, cranberries are rich in health-promoting materials that are essential for all year wellness. And that s not all; cranberries are known to store agents that protect against ailments like cancer and cardiovascular threats.But, before jumping into the health benefits, it is essential that you have a good understanding of the berry itself, so read on and learn.

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