

The image features several purple and white Tibetan garlic bulbs arranged on a coarse, woven burlap fabric. One bulb on the right is sliced open, revealing its internal structure of white, segmented cloves. A dark, semi-transparent horizontal band is superimposed across the middle of the image, containing the title text. The overall lighting is soft, highlighting the textures of the garlic and the fabric.

TIBETAN GARLIC CURE: BENEFITS, USES,  
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# The Garlic Cure

**B Lingard**



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