

## **ABSTRACT**

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*In everyday life we will be met by a variety of activities. In this activity without considering the many things that make our body durability decreases so easily tired especially when outside the room. One example of free radicals, it scattered like public streets, garbage dumps and in a place that has air quality is not good. When in outdoors, we cannot ascertain if the air outside is clean or not, because it was mixed by fuel, industrial pollution and other factors. If we do not consume healthy intake, the body will be easily exposed to the disease. A wide range of solutions from the start to consume fruits, drink preparations containing antioxidants, and specialized medicines. Among the various solutions that use natural herbs is the right choice in addition to the doctor. Here the authors take a onion plant has been known since the first has many benefits in order to overcome every form of disease and also maintain the durability of the body. Therefore it takes a medium that explain the reserved onions, which worked, and how it shaped the book illustration. In the process writer used study methods, observation, and interviews. This book is expected to be able to inform the public what are the benefits of garlic and how to turn it into a drug. So that people have an alternative other than medical treatment to a doctor and also relieve them in terms of costs for medical treatment.*

***Key words: free radicals, natural treatment, benefits of onion***

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