



## Ginger for Health: 100 Amazing and Unexpected Uses for Ginger

By Britt Brandon

Adams Media Corporation. Paperback / softback. Book Condition: new. BRAND NEW, Ginger for Health: 100 Amazing and Unexpected Uses for Ginger, Britt Brandon, Discover the power of ginger!Ginger has long been celebrated for its ability to soothe an upset stomach, but its health-boosting properties don't stop there! "Ginger for Health" shows you how to use the plant in your daily health and beauty routine, from creating a nutritious detox smoothie to moisturizing dry hair to smoothing fine lines and wrinkles. Featuring step-by-step instructions and plenty of helpful tips, this book offers 100 all-natural ginger solutions that help: Increase metabolism and support weight lossBoost the immune system and fight off diseaseTreat unsightly blemishes, scars, and sunburnsPromote healthy skin, hair, and nailsThere's really nothing ginger can't handle--from relieving headaches and arthritis pain to improving bone strength to treating dandruff and split ends--and all without the need for dangerous chemicals or costly procedures. With "Ginger for Health," you'll discover all the benefits that a simple ginger root can bring.



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