



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 loss Boost the immune system and fight off disease Treat unsightly blemishes, scars, and sunburns Promote healthy skin, hair, and nails There'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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