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Hippocrates said, Let food by thy medicine and medicine be thy food. Ginger s rich flavor is familiar to most, but did you know this knobby root can be a source of healing, nutrients, and beauty? From fighting cancer cells to taming split ends, managing nausea to preventing hypothermia, ginger s uses are incredibly diverse. Millions of people are turning away from the harsh effects of modern..

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- Authored by Susan Branson
- Released at 2017



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