



Ginger, 3rd Edition: Common Spice Wonder Drug (Paperback)

By Paul Schulick

Hohm Press, U.S., United States, 2012. Paperback. Condition: New. 3rd Alternate ed.. Language: English . Brand New Book. For thousands of years ginger has been one of the world's most favored spices and a major ingredient in Oriental remedies. Yet, ginger's precious healing values are still virtually unknown and ignored in the modern world. This book proposes that your spice cabinet contains a healing substance that is beyond the therapeutic scope of any modern drug; a substance with the potential to save billions of dollars and countless lives. Author Paul Schulick calls ginger the universal medicine. His book surveys the ancient claims of ginger's effective health usage as these are verified by international medical research. Supported by hundreds of scientific studies, this book leads the reader to discover the extraordinary personal and social benefits of using ginger. Among the medicinal uses of ginger that the author discusses are: *daily energy tonic *cardiovascular protection *anti-ulcer remedy *arthritis treatment *digestive aid *natural therapy for colds and headache *relief of menstrual discomfort, nausea and parasites.



READ ONLINE
[4.88 MB]

Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

-- **Dr. Lera Spencer**

Extensive guide! Its this kind of excellent read through. it absolutely was writtern very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

-- **Murphy Dooley**