



Ginger For Health: 100 Amazing and Unexpected Uses for Ginger

Britt Brandon

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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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