



## Ginger Cookbook: Quick, Easy, Delicious Ginger Recipes for Weight Loss, Health, Beauty (Paperback)

By Michelle Bakeman

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ginger is a superb ingredient with tons of health benefits. It is used in a variety of different dishes to add an extra kick. Ginger has been used for thousands of years because of its therapeutic benefits. These wonderful benefits include: -Reducing pain and inflammation - Helps prevent the common cold -Helps prevent stomach ulcers -Counteracts motion sickness and stomach aches -And much more Get started with ginger today!.



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