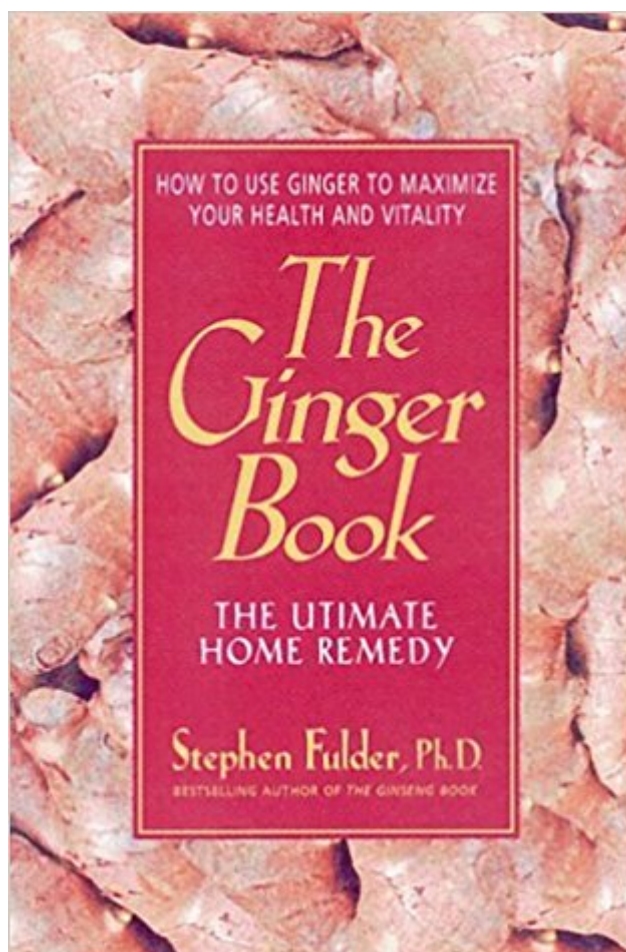


The book was found

The Ginger Book: The Ultimate Home Remedy



Synopsis

Offers advice and suggestions for using ginger to treat such ailments as digestive problems, circulatory disorders, and an immune enhancer, and includes the history and folklore of ginger.

Book Information

Mass Market Paperback: 147 pages

Publisher: Avery (January 1, 1996)

Language: English

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Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,924,185 in Books (See Top 100 in Books) #83 inÂ Books > Medical Books > Pharmacology > Reference #2894 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #21029 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

I absolutely LOVE this book, I cant wait to read some of the other books Fulder has written. I happened across it in the library when looking for other herbal informational books. The Ginger Book is packed full of helpful and specific information from where it comes from to what it is good for, and everything in between. Chapters: 1. ginger as a medicine 2. ginger and the circulatory system 3. ginger and the digestive system 4. ginger for coughs, colds, aches, and pains 5. growing and trading of ginger 6. chemistry of ginger 7. history and folklore of ginger 8. ginger products and preparations 9. ginger up your cooking 10. conclusion it also includes further reading and an index my favorite part is probably the history and folklore, which includes the gingerbread man story, as well as information like how popular it was in country fairs and festivals and how women used to bake gingerbread men and they called them "husbands" for their 'obvious warming qualities'. there is also information on many different cultures uses of ginger, from the ceremonial to the every day cooking and harvesting of. ginger through history, gingers cultivation, and also explains that ginger is NOT in fact, a root at all, but a rhizome! 9ok, so maybe i already knew that but its still SUPER cool ;) very interesting, not at all hard to read, and Fulder makes it easy to get excited about ginger!

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