



Ginger Recipes :The Ultimate Guide

Jonathan Doue M.D., Encore Books

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** The Ultimate Ginger Recipe Guide! ** Ginger is one of the most ancient spices in the worldwide cuisine. It has become well-known for its various health benefits including: its ability to boost bone health, aide digestion, enhance sexual activity, and relieve pains related to menstrual disorders, nausea, and flu. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Ginger has been discovered to be a facilitator to the digestion process. Ginger is a known aphrodisiac and has been used for years in arousing desire and enhancing sexual activity. Ginger helps in curing nausea connected with pregnancy, motion sickness and chemotherapy. Ginger is known to boost bone health and relieve joint pains. Ginger has been prescribed to fight inflammation. Its soothing effect, helps reducing the body's alarm to the damaged cells in the body. Take a peek at some of the recipes you will find inside! Ginger Crab Cakes Ginger Sorbet Ginger Scallops Ginger Mint Syrup Peanut Ginger Chicken Introduce Ginger into your diet today! Scroll Up & Grab Your Copy NOW!

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