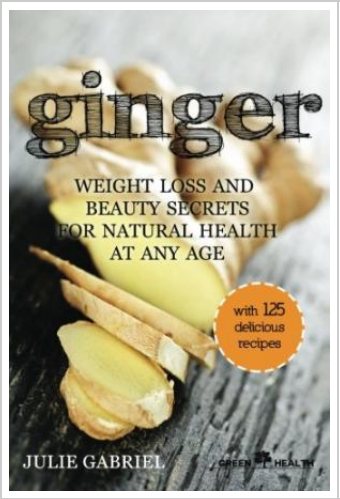

DOWNLOAD

Ginger: Weight Loss and Beauty Secrets for Natural Health at Any Age (Paperback)

By Julie Gabriel

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A thumb-sized piece of fresh ginger root or a teaspoon of ginger powder may be all you need to eat daily to protect yourself from some of the most devastating diseases of modern mankind and to achieve the optimal weight and ageless appearance. In this book, holistic nutritionist Julie Gabriel (The Green Beauty Guide) explores amazing healing powers hidden in the knobbly pungent root. From arthritis and allergies to cancer and obesity, ginger quickly becomes the recognized remedy in modern and traditional medicine. - Ginger and cancer: learn how this fragrant spice can ward off the disease and protect your immunity. - Ginger and weight loss: simply drink the easy-to-make tea to boost your metabolism, lower your blood glucose and melt abdominal weight. Plus, it literally melts your cellulite! - Ginger and healthy pregnancy: for mothers-to-be and all women who want to maintain healthy hormonal levels, ginger is simply indispensable. - Ginger and flu: learn how you can protect yourself and your family from the devastating effects of colds and flu naturally, and how you can speed up the recovery and avoid potentially...

READ ONLINE
[9.09 MB]

Reviews

Comprehensive guideline! Its this sort of good read. It is actually writter in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.

-- ***Mabelle Wuckert***

Undoubtedly, this is actually the finest work by any writer. It is really basic but excitement within the fifty percent of your publication. Your way of life period is going to be enhance as soon as you comprehensive looking over this ebook.

-- ***Matt Maggio***