



## Secret Benefits of Ginger & Turmeric

By Vikaas Budhwaar

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Secret Benefits of Ginger & Turmeric, Vikaas Budhwaar, In the East, where food is as much revered for its therapeutic properties as for its richness and flavour, no kitchen is complete without the fresh roots ginger and turmeric. What these gnarled and lumpy-looking spices lack in appearance, they make up for in properties and taste. From stomach ailments to cardiovascular problems, these two have an answer to many a medical malady. The Secret Benefits of Ginger and Turmeric unravels the mysterious world of ginger and turmeric. It gives a detailed account of their origin, cultivation, botanical make-up, chemical composition, and medicinal and culinary uses. The book also presents various delicious and nutritious preparations with ginger as well as certain home remedies made with turmeric to cure common ailments. So pep up your cooking and discover the health benefits of ginger and turmeric.



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