



Ginger: Common Spice and Wonder Drug

By Paul Schulick

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How could a spice adored worldwide for its lively flavor conceivably revolutionize medicine as we know it today? Inspired by Ginger's 5000-year history, Paul Schulick began a revealing investigation that ultimately linked the claims of the ancient herbals to the remarkable and extensive findings of international medical research. Supported by hundreds of scientific references, the reader is led to discover the extraordinary personal and social benefits of using Ginger.

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Editorial Review

Review

"A wonderful collection of information. A convincing case." (Andrew Weil, M.D. Best Selling Author of SPONTANEOUS HEALING) "I found *Ginger: Common Spice & Wonder Drug* to be not only well researched but most interesting and useful. My compliments to Paul Schulick for a job well done and much needed." (James Duke, Economic Botanist National Germplasm Resources Laboratory) "Thank you, Paul, for presenting such a wealth of convincing information about an herb as important as *Ginger*. As a result, great numbers of people will find well-being and comfort from this amazing herb." (John Robbins, Author of DIET FOR A NEW AMERICA) "Contained within the covers of this book is a wonderfully eclectic blend of science, clinical research, and folklore concerning *Ginger*. Far more than a book about a single herb, the author presents this herb as a potential catalyst for positive change which holds the promise of saving millions of lives. Excellent reading, a brilliant statement on the efficacy of plants." -- *Rosemary Gladstar, Author of HERBAL HEALING FOR WOMEN*

About the Author

Paul Schulick is an herbalist and advocate of personal choice in health care. A comprehensive library of herbal texts and a collection of international medical databases support the author's theories and tradition-based herbal formulations. His research extends from the therapeutic values of plants harvested from the seas to the healing powers of herbs commonly found in the spice cabinet. The author lectures throughout the country on the health impact of herbs and natural foods. Paul lives and works with his wife, Barbi, and their children, Jeremy and Rosalie, in Brattleboro, Vermont. Paul Schulick welcomes your questions about *ginger* and your comments about this book. If you wish to write to the author, please send a self-addressed, stamped envelope to Paul Schulick at Herbal Free Press, P.O. Box 1883, Brattleboro, VT 05302.

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