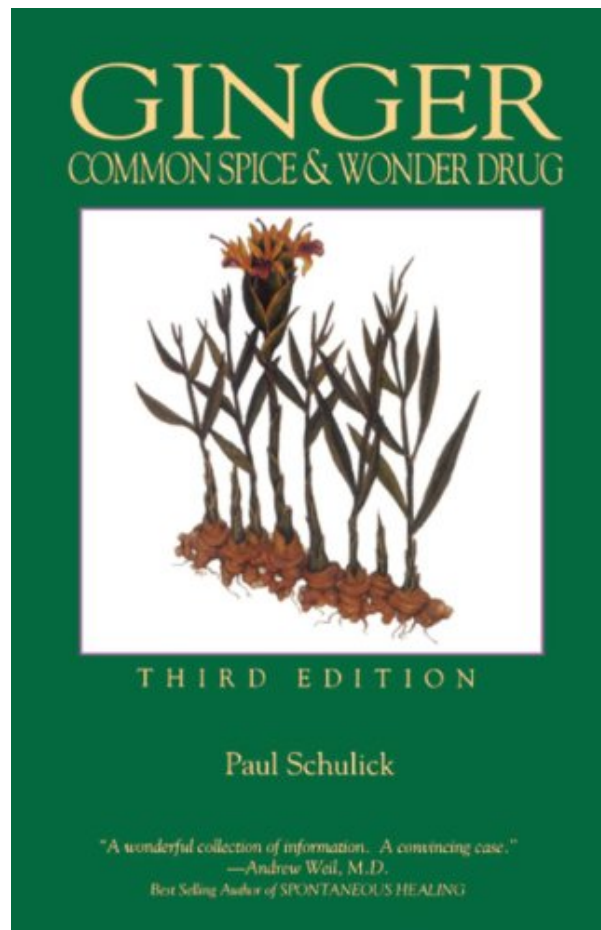


# GINGER: COMMON SPICE AND WONDER DRUG BY PAUL SCHULICK



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# GINGER

COMMON SPICE & WONDER DRUG



THIRD EDITION

Paul Schulick

*"A wonderful collection of information. A convincing case."*  
—Andrew Weil, M.D.  
*Best Selling Author of SPONTANEOUS HEALING*

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## Review

"A wonderful collection of information. A convincing case." -- Andrew Weil, M.D., best-selling author of *Spontaneous Healing*

"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 is *Diet for a New America*

"Excellent reading, a brilliant statement on the efficacy of plants." -- Rosemary Gladstar, author of *Herbal Healing for Women*

## About the Author

Paul Schulick is the co-author with Thomas Newmark of the bestselling book, *Beyond Aspirin: Nature's Answer to Arthritis, Cancer and Alzheimer's Disease* (Hohm Press, 2000) and the author of *Ginger: Common Spice & Wonder Drug*, now in its third edition. A respected researcher, lecturer and formulator of natural therapeutic products, Paul received certification as a master herbalist from the renowned Dr. John Christopher. Paul currently focuses on international scientific research in herbal medicine, exploring The National Library of Medicine, Napralert, Medline, Biosis and Agricola

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For thousands of years ginger has been one of the world's most favored spices and a major ingredient in Oriental remedies. Yet, ginger's precious healing values are still virtually unknown and ignored in the modern world. This book proposes that your spice cabinet contains a healing substance that is beyond the therapeutic scope of any modern drug; a substance with the potential to save billions of dollars and countless lives.

Author Paul Schulick calls ginger "the universal medicine." His book surveys the ancient claims of ginger's effective health usage as these are verified by international medical research. Supported by hundreds of scientific studies, this book leads the reader to discover the extraordinary personal and social benefits of using ginger.

Among the medicinal uses of ginger that the author discusses are:

- \* daily energy tonic
- \* cardiovascular protection
- \* anti-ulcer remedy
- \* arthritis treatment
- \* digestive aid
- \* natural therapy for colds and headache
- \* relief of menstrual discomfort, nausea and parasites.

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