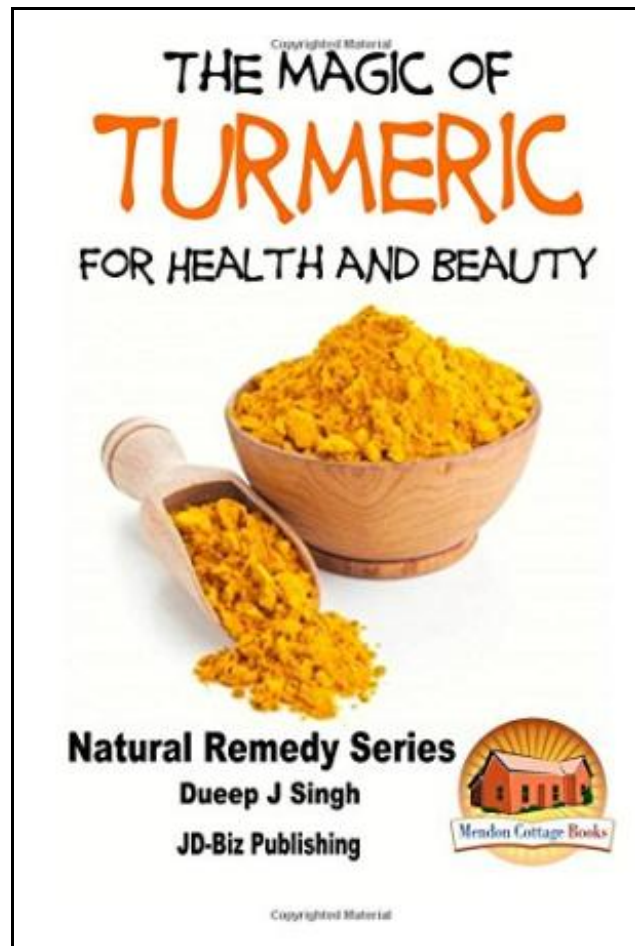


## The Magic of Turmeric for Health and Beauty (Paperback)



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*(Gerardo Bauch PhD)*

## THE MAGIC OF TURMERIC FOR HEALTH AND BEAUTY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Turmeric For Health and Beauty Contents Introduction There Is Something about Turmeric How to Grow Turmeric Best Soil for Turmeric. How to Harvest Turmeric Turmeric Essential Oil Storing Your Turmeric How to Grind Turmeric Using Turmeric for Dyeing Turmeric as an Insecticide Turmeric for Beauty Natural Skin Remedy Getting Rid of Skin Blemishes Getting Rid of Sunburn Turmeric Body Mask Oatmeal Turmeric Scrub Turmeric in a Toothpaste? Sprouted Lentil Veggie Burger Orange Turmeric Cake Marinated Grilled Prawns Savory Chickpeas Turmeric to Heal You. Tummy Parasites? Suffering from anemia? Turmeric for Curing Wounds Turmeric Antiseptic Turmeric and Onions team up against Colon Cancer Conclusion Introduction There is an ancient and amusing saying, very prevalent in the East, Mr. Rat found a rhizome of turmeric; he immediately opened up a grocer/herbalist shop! This may be used to talk about a dreaming, ambitious person, who is trying to extend his wings beyond his capacities, but on the other hand, it talks all about the power of turmeric. As a grocer, Mr. Rat could not only sell turmeric as a condiment and as a spice, for cooking purposes, but he also had easy access to the cure-all for all ailments - turmeric! Scientific research in the West, has found out that turmeric, has antibiotic and germicidal qualities, but that was already known in the ancient alternative medicine of the Orient and of the East. It had to be a necessary part of the medical arsenal of every wise woman out there, in ancient times, because if she did not have easy access to the medicine man or to a physician, she just had to resort to...



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