



# Relate With Nature Herbal Magazine: Ginger (Volume 8)

*Robin Nelson-Shellenbarger*

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It's All About Ginger this Month Did you know ginger can relieve an upset stomach from car sickness? Have you heard that ginger can help with fungal infections? With ginger's antifungal properties it can get rid of fungus. Ginger preparations can be used on the skin to treat burn. All you need to do is apply the ginger preparation right onto the burn. It will provide healing, reduced inflammation and also will protect it from infection Freshly sliced ginger can be applied to hypopigmentation to bring back some color to your skin. All About Ginger Journal Pages Growing Growing Tips Harvesting Preserving Recipes with Ginger Recipe Pages (to make your own) Companion Herbs for Ginger Color Page Flash Cards Memory Game Field Guide Remedy Tags (to tag your finished products) Project Page And More.....

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