

# PREVENTATIVES - GINGER -

## Preventatives Ginger - 1.76 oz

Ginger root has been used in cooking and health tonics since the dawn of recorded history. Modern science supports its ability to help prevent motion sickness. The Chinese have long considered it an antidote for shellfish poisoning. Great for aiding digestion and preventing gas in bean recipes or other high-fiber recipes. Makes a wonderful calming, spicy tea.

## Ingredients

Purified Water, Gum Arabic, Ginger Extract, Rosemary Anti-Oxidant.



## Recipes

### Ginger Lemon Salmon



**What you will need:** Salmon (or other fish), Salt & Pepper  
1 tbs Ginger Preventatives, 1 tbs Lemon Juice, 1/4 Yacon, Tin Foil.

**Directions:** Rinse salmon and lay it on the tin foil (skin side down). Sprinkle salt and pepper onto the salmon. Mix the Ginger Preventatives, Yacon and Lemon Juice then drizzle mixture onto salmon. Use a fork or spatula to spread mixture so that it covers the salmon evenly. Place the tin foil and salmon onto the barbecue grill and cook to taste.

## Whole-plant extracts for whole-plant health

Our whole-plant extracts are remarkably strong and wonderfully powerful ingestible substances. A single drop represents highly concentrated plant material, therefore, it's wise to proceed with caution when trying them for the first time. Here is a set of suggestions for best use.

1. Always try a fraction of a drop first, especially when flavoring a single serving. Gather just a trace of the spice on a toothpick and stir it into your food, water, or herbal tea. Taste and add more as desired.
2. For maximum health benefits, add the extract after you have taken the food off the burner. This allows the maximum properties of the plant to remain in the food. When you add the flavor while you are still cooking, some of the molecules "flash off." You'll be able to smell them filling the room with aroma.