

Title:

A beginner's guide to ginseng

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327

Summary:

There is a bewildering array of ways to eat, drink or take ginseng, to the point where it can

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Article Body:

There is a bewildering array of ways to eat, drink or take ginseng, to the point where it can

The simplest way to take ginseng is to simply eat the leaves from the plant. Unfortunately, un

The most common way to consume ginseng is to make it into a ginseng tea, by slicing up the lea

There are also some more unusual ways to take ginseng. A popular preparation method in China i

Ginseng in health food shops is often also available in more medicinal forms, such as pills, t

If you're just starting out and taking ginseng for the first time, probably the best place to

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