

The Joys of Ginger

Open Ginger is more than just a cooking spice! It has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. Check out the following health benefits that ginger has to offer.



1. Ginger is used to treat an upset stomach, nausea and vomiting

- It is commonly used by pregnant women to prevent morning sickness or by those undergoing chemotherapy
- This is because of its ability to control movements of the gastrointestinal tract

2. Ginger can provide relief to painful stomach cramps

- Research found that consuming ginger was equally as effective as taking ibuprofen (a painkiller) in relieving painful cramps in women

3. Ginger is used to treat a cough, cold and congestion

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4. The medical form of ginger, known as ‘Jamaica Ginger’, is used for treating dyspepsia and colic diseases

- It is especially recommended for those who suffer from gall stones

5. Ginger can rejuvenate your skin

- Try this: mix Epsom salt, lime juice and chopped ginger together. Microwave for a short period of time and gently apply mix to your skin. Let it sit before rinsing it off with warm water. When performed regularly, this can lighten your skin and make it appear more youthful!

6. Ginger lowers cholesterol in the blood

Make Your Own Ginger Tea:

Ingredients:

4 cups water

2-inch piece of fresh ginger root

Optional: honey and lemon slice

Directions:

Peel the ginger root and slice it into thin slices.

Bring the water to a boil in a saucepan.

Once it is boiling, add the ginger.

Cover it and reduce to a simmer for 15-20 minutes.

Strain the tea. Add honey and lemon to taste.

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Sources: <http://benefitsofginger.net/>

<http://www.healthbenefitsofginger.com/>

http://altmedicine.about.com/cs/3/a/Ginger_Tea.htm