

The Health Benefits of Ginger

This pungent, lemony-balsamic, medium-hot spice is an ingredient in recipes around the globe – but ginger has also been used for more than 2,500 years for its medicinal properties. The ancient Chinese knew its efficacy in the absorption of many herbal preparations and also prescribed it extensively as a digestive tonic.

A native of south-east Asia, the root of the ginger (a.k.a “zingiber”) plant is helpful in treating after-surgery and chemotherapy nausea, motion sickness and joint pain. It is a potent anti-inflammatory, antihistamine and calms the gastric tract. Ginger contains the phytochemicals *gingerol* and *shogaol* that have anti-inflammatory and pain reducing effects on joints and muscles, improve heart health and blood circulation.

For motion sickness and nausea a ginger extract pill of 100 mg is recommended a couple of hours before the event (e.g. travel, chemotherapy) and every 4 hours afterwards or as needed.

For arthritis and muscle aches, massage ginger oil on the painful areas and take up to 1 gram of powdered ginger daily.

For colds and allergies relief, drink up to 4 cups of ginger tea made with the chopped natural root – or enjoy authentic ginger ale (made from real ginger).