

GINGER

What is GINGER?

Ginger holds an important place in several traditional systems of medicine. Ginger originally came from China and India, where it has been used in cooking for more than 4,000 years. It was liked for its sharp and spicy flavor. Ginger rhizome is the knotted, thick tuber found at your local market. Because it grows underground, it is often called ginger root. The actual root sprawls out from the knots on the rhizome. Above ground are long stems with narrow, ribbed, green leaves and white or yellowish-green flowers. Ginger products are made from fresh or dried ginger root or steam distillation of the oil. *

What are the benefits?

Ginger has been used for centuries to support many various digestive imbalances including heartburn, indigestion, nausea, diarrhea and motion sickness. It helps relieve the dizziness, sweating, nausea and vomiting that comes from motion sickness and pregnancy. It can also ease sore throats, headaches, some types of menstrual and arthritis pain, and fevers and aches caused by colds and flu. It may also help to relieve symptoms of depression. Research indicates many of ginger's constituents also contain antioxidant and cardio-protectant properties. Ayurvedic medicine incorporates ginger as a treatment for rheumatic patients. Researchers at the University of Cleveland, Case Western Reserve University, Ohio suggest ginger as a preventative against skin cancer. *

Supplement recommendation:

For the most effective benefits, look for a fresh Ginger rhizome extract; a source that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Supports digestive imbalances***
- **Helps relieve symptoms of motion and seasickness***
- **Eases cold and flu symptoms***
- **Contains antioxidant and cardio-protectant properties***
- **Contains anti-inflammatory and COX-2 inhibiting activity***
- **Relieves arthritic pain and swelling***
- **May be better than sunscreen against cancer-causing rays***
- **Effective in preventing nausea and vomiting in pregnancy and post-operative patients***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.