



7 Great Health Benefits of Ginger – A Necessity in Every Kitchen

Ginger truly does top the list of effective natural home remedies. Being used throughout history by different cultures around the world, ginger harnesses an incredible healing power proven for a host of ailments. The spice is packed with essential nutrients and rejuvenating compounds. While ginger has been shown to help countless ‘minor’ problems such as an upset stomach, amazingly the health benefits of ginger also include combating cancer more effectively than pharmaceutical cancer drugs.

1. Ginger is a Powerful Cancer Fighter: One trial published in the Journal of Clinical Oncology has shown that those consuming ginger root had lower levels of colon inflammation and inflammation of the intestines, thereby helping to reduce the risk of colon cancer. Other studies have also shown that ginger could help tumor formation for those exposed to a cancer-causing chemical.

2. Anti-Inflammatory Properties Help with Many Conditions: In numerous research pieces, researchers found that the compounds are responsible for reduction in pain and improvement in mobility for those with osteoarthritis or rheumatoid arthritis. In two clinical studies, it was found that 75% of arthritis patients and 100% of patients with muscular discomfort experienced relief of pain and/or swelling. In addition to pain levels decreasing, the compounds may also lessen swelling.

3. Treating Heartburn/Acid Reflux with Ginger: Millions suffering from heartburn and indigestion might be saving a pretty penny if they gave ginger a try as a treatment for heartburn instead of the multi-billion dollar drug industry’s many acid-blockers. The costs of pharmaceuticals for acid reflux, known as proton pump inhibitors, or PPIs, may well outweigh any potential benefit. These drugs have been known to increase risks of bone fractures, malabsorption issues, pneumonia, cancer, and *Clostridium difficile*, a common gut bug.

4. Cough, Sore Throat, Stuffy Nose/Congestion: The ginger has to be partially sliced and boiled and to ensure potency, should be crushed a bit before boiling. This will help to draw out the active ingredients. Drinking ginger as a tea will ease sore throat, non-stop coughing and even congestion. Try having some ginger tea with coconut milk and local honey. This isn’t only for amazing taste; it breaks up phlegm and gives a boost to the immune system.

5. Upset Stomach / Improved Digestion: Grate some ginger or pluck a few sprigs of mint leaves and steep in boiling water for a few minutes and enjoy with a spoonful of raw honey to subdue a bellyache.

6. Headaches/Migraines: Herbs like peppermint, cayenne pepper and ginger can be beneficial in the treatment of headaches and migraines. Ginger is especially useful to combat the nausea that often accompanies migraine headaches. To use the 3 herbs together in tea as a natural pain reliever, mix a one inch piece of ginger with a teaspoon of dried peppermint and a pinch of cayenne in boiling water. Allow the mixture to seep for 15 minutes before drinking. Sweeten only with honey or stevia.

7. Pain: In addition to helping treat pain associated with inflammation (joint pain), upset stomach, sore throat, and toothache, ginger can also help with muscle soreness. The compounds gingerol, shogaol, and zingerone found in ginger are more effective than drugs for inflammation drugs known as NSAIDs, according to a study published in the Journal of Pain. Try some ginger tea after a workout, and if it doesn’t work, try some other natural pain relievers.

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