

# “GINGER” UP

**Ginger** is known as a natural booster! “Herb” ginger is migraines to cancer. “Plant” yellow-green flowers. “Spice” and has a concentrated spicy added to mixtures and foods and marketed in health



healer and immune system used in treatment from ginger produces white and ginger originated in China aroma. “Ground” ginger is powders for flavoring of food stores worldwide.

**Ginger** is excellent for digestion due to its anti-spasmodic property of relieving gas, bloating, and G.I. upset as well as protection against the development of stomach ulcers. Remember drinking ginger ale for an upset stomach? Ginger has been given as treatment for heartburn, dyspepsia, colic, diarrhea, and food poisoning. Ancient Greeks ate ginger after a large meal to ease in the digestive process.

**Ginger** can help in relieving nausea, motion sickness, sea-sickness, morning sickness, as well as the effects of chemotherapy and can be as effective as Vitamin B6 treatment for these symptoms.

**Ginger** stimulates mucus secretion which helps calm a cough or soothe a sore throat. Ginger contains antiviral, antitoxic, and antifungal properties used in prevention and treatment of the common cold. Ginger contains an antihistamine property aiding in the treatment of allergies.

**Ginger** can be used in treatment of rheumatoid arthritis and osteoarthritis due to its anti-inflammatory property. The ginger root has proven to be more effective, in some cases, for arthritic conditions than NSAIDs which is the standard treatment.

**Ginger** is high in potassium and contains essential vitamins for protecting the heart, blood vessels, and urinary system. Ginger helps in lowering your cholesterol levels and preventing the formation of blood clots. Research has shown ginger has the ability to provide migraine relief by reducing pain and inflammation in the blood vessels.

The Chinese medicinal treatment of ginger tea and brown sugar can relieve menstrual cramps. One study reveals ginger may slow the growth of colorectal cancer cells. Another study shows that ginger powder when applied to ovarian cancer cells has proven to destroy them.

**Ginger Recipes!** Add 1/3 tsp. ground ginger or 1 tsp. fresh ginger root to smoothies or juices. Add fresh ginger to stir-fry dishes or salads. Add ground ginger to breads, cookies (Gingerbread!), spice cakes, or pumpkin pie. Drink tea or juice with ½ tsp. of ground ginger one half hour prior to traveling for motion sickness.

**“GINGER UP” and reap the benefits to a healthier YOU!**

**Visit the [Lehigh County intranet site](#) to schedule your appointment at the [Wellness Centre](#).**