

# GINGER

## TIPS

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CMG Archives

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### **IMPORTANT**

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### **Introduction**

The medicinal properties of ginger have been causing interest in recent years. Ginger has been used as a natural remedy for many ailments for centuries. Research is now finding that ginger is an effective adjunct in the treatment of everything from cancer to migraines.

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### **Health Benefits of Ginger**

The health benefits of ginger include:

- **Ovarian Cancer Treatment** - Ginger may be powerful weapon in the treatment of ovarian cancer. A study conducted at the University of Michigan Comprehensive Cancer Centre found that ginger powder induces cell death in all ovarian cancer cells to which it was applied.
- **Colon Cancer Prevention** - A study at the University of Minnesota found that ginger may slow the growth of colorectal cancer cells.
- **Morning Sickness** - A review of several studies has concluded that ginger is just as effective as vitamin B6 in the treatment of morning sickness.
- **Motion Sickness Remedy** - Ginger has been shown to be an effective remedy for the nausea associated with motion sickness.
- **Reduces Pain and Inflammation** - One study showed that ginger has anti-inflammatory properties and is a powerful natural painkiller.
- **Heartburn Relief** - Ginger has long been used as a natural heartburn remedy. It is most often taken in the form of tea for this purpose.

- **Cold and Flu Prevention and Treatment** - Ginger has long been used as a natural treatment for colds and the flu. Many people also find ginger to be helpful in the case of stomach flu or food poisoning. Ginger has a very positive effect upon the digestive tract.
- **Migraine Relief** - Research has shown that ginger may provide migraine relief due to its ability to stop prostaglandins from causing pain and inflammation in blood vessels.
- **Menstrual Cramp Relief** - In Chinese medicine, ginger tea with brown sugar is used in the treatment of menstrual cramps.
- **Prevention of Diabetic Nephropathy** - A study done on diabetic rats found that those rats given ginger had a reduced incidence of diabetic nephropathy (kidney damage).

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### **Homemade Ginger Tea**

2 Tablespoons grated ginger root  
2 Cups spring water (not tap water)

Boil the water in a small saucepan (non-aluminium) and stir in the ginger root.

Drink straight or add lemon and/or your favourite sweetener to taste. Ginger tea with honey is a soothing drink when you have a cold or the flu.

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