



# Wellness News Network™

Your Source for Health & Wellness Information

Issue 2, July 2018

## Ginger – A Modern Miracle Herb

**Presented by:**

### Introduction

While ginger is often used as a spice, it is also an herb that can be used for its therapeutic qualities. The rhizome (underground stem) can be used fresh, powdered, dried, or as an oil or juice. Ginger is related to the spices cardamom and turmeric. Ginger is one of the most commonly used spices for cooking purposes and the list of health benefits associated with this spice is impressive.



Ginger has been used by various cultures around the world for the following medicinal purposes: reducing inflammation, stimulating circulation, reducing spasms and as an antimicrobial agent for wounds and sores. A 2008 review article published in the journal Food and Chemical Toxicology notes that ginger

is a safe and powerful antioxidant substance capable of



preventing free radical formation, has anti-inflammatory, anti-hyperglycemic, anti-tumor actions and is capable of favorably regulating immune functions.<sup>1</sup>

It is widely used for treating loss of appetite, nausea and vomiting after surgery, nausea resulting from cancer treatment, flatulence, stomach upset, colic, morning sickness and motion sickness. In addition it has anti-inflammatory properties that are similar to those of NSAIDs (non-steroidal anti-inflammatory drugs) but with less risk of side effects, making its use highly beneficial for chronic inflammation associated with arthritis and with muscle or soft tissue pain.<sup>2</sup> It has even been found to be as effective as

### QUESTION:

Which of the following conditions can ginger be used as a medical purpose?

- A) blood circulation stimulant
- B) loss of appetite
- C) gastric ulcers

### ANSWER:

All three – A, B and C

### TRUE OR FALSE:

Large doses of ginger may act as a blood thinner.

### ANSWER:

True

### Finish this sentence....

The ginger rhizome can be used in several forms including....

- A) dried
- B) fresh
- C) oil
- D) all of the above

### ANSWER:

D) all of the above

Presented by:

Ibuprofen and mefenamic acid in women who suffer from menstrual cramps.<sup>3</sup>

Ginger is also helpful with the symptoms of upper respiratory tract infections, bronchitis, and cough due to its antibacterial, antiviral and lung anti-inflammatory effects.<sup>4 5 6</sup>

Ginger contains chemicals that are extracted for use as ingredients in antacid, laxative and anti-gas medications and ginger extracts are known to heal gastric ulcers.<sup>7</sup>

Ginger has recently been revealed to be a potentially beneficial for treatment of diabetes mellitus. Data from many studies shows the anti-hyperglycemic effects of ginger due to ginger's effect on both insulin release and action. Ginger also improves carbohydrate and lipid metabolism and appears to be protective to the diabetic liver, kidney, eye and nervous

system. Ginger supplementation appears to improve insulin sensitivity making it easier to regulate sugar, and it also appears to improve lipid levels in type 2 diabetics.<sup>8 9 10</sup>

**With 25 million American adults being diagnosed with diabetes (8.3% of the population) ginger supplementation should be a serious consideration for the regulation of insulin, LDL, cholesterol and triglyceride levels.**

Few side effects are linked to ginger when it is taken in small doses. Side effects most often reported are gas, bloating, heartburn, and nausea. These effects are most often associated with powdered ginger. Larger doses may act as a blood thinner so care should be taken if using anti-coagulant medications.



## Quote to Inspire

*"Nothing can  
bring you peace  
but  
yourself"*

**Ralph Waldo Emerson**

### References and Sources:

1. Ali B, Blunden G, Tanira MO, Nemmar A. Some phytochemical, pharmacological and toxicological properties of ginger: A review of recent research. Food and Chemical Toxicology. 2008. Feb; 46(2): 409-420.
2. Ginger--an herbal medicinal product with broad anti-inflammatory actions. Grzanna R, Lindmark L, Frondoza CG. J Med Food. 2005 Summer; 8(2):125-32.
3. Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhea. Ozgoli G, Goli M, Moattar F. J Altern Complement Med. 2009 Feb;15(2):129-32. doi: 10.1089/acm.2008.0311.
4. Antibacterial effect of Zingiber officinale and Garcinia kola on respiratory tract pathogens. Akoachere JF, Ndip RN, Chenwi EB, Ndip LM, Njock TE, Anong DN. East Afr Med J. 2002 Nov;79(11):588-92.
5. Fresh ginger (Zingiber officinale) has anti-viral activity against human respiratory syncytial virus in human respiratory tract cell lines. Chang JS, Wang KC, Yeh CF, Shieh DE, Chiang LC. J Ethnopharmacol. 2013 Jan 9;145(1):146-51.
6. Effect of hydroalcoholic extract of Zingiber officinalis rhizomes on LPS-induced rat airway hyperreactivity and lung inflammation. Aimbire F, Penna SC, Rodrigues M, Rodrigues KC, Lopes-Martins RA, Sertié JA. Prostaglandins Leukot Essent Fatty Acids. 2007 Oct-Nov; 77(3-4):129-38.
7. Protective Effect of Ginger oil on Aspirin and Pylorus Ligation-Induced Gastric Ulcer model in Rats. M. Khushtar, V. Kumar, K. Javed, 1 and Uma Bhandari. Indian J Pharm Sci. 2009 Sep-Oct; 71(5): 554-558.
8. Effects of ginger (Zingiber officinale) on plasma glucose level, HbA1c and insulin sensitivity in type 2 diabetic patients. Mahluji S, Attari VE, Mobasser M, Payahoo L, Ostadrahimi A, Golzari SE. Int J Food Sci Nutr. 2013 Sep; 64(6):682-6.
9. Anti-inflammatory effects of zingiber officinale in type 2 diabetic patients. Mahluji S, Ostadrahimi A, Mobasser M, Ebrahimzade Attari V, Payahoo L. Adv Pharm Bull. 2013; 3(2):273-6.
10. Preventive and Protective Properties of Zingiber officinale (Ginger) in Diabetes Mellitus, Diabetic Complications, and Associated Lipid and Other Metabolic Disorders: A Brief Review. Li Y, Tran VH, Duke CC, Roufogalis BD. Evid Based Complement Alternat Med. 2012; 2012:516870. doi: 1155/2012/516870. Epub 2012 Nov 22. <http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

**Disclaimer:** Information contained in the Wellness News Network Newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.