



# Wellness News Network™

Your Source for Health & Wellness Information

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## 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

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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**

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