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Ginger: A Natural Cure-All

It's hard to imagine that an underground root could possess a plethora of medicinal powers, curing many of the common and severe ailments of everyday life. However the ginger root, mysterious as it may appear, is shown to do just that. It's an all natural way to fight pains, illness or other conditions and its unique flavor complements a variety of other foods. Whether it be a sore stomach, sore throat, or something more serious, here are a few of the many ways ginger can get you back on your feet.

Nutrition: Ginger contains many essential nutrients such as potassium, magnesium, copper, and vitamins B-5 and B-6.

Heart Health: Potassium is a key ingredient in ginger that controls heart rate and blood pressure. In studies, ginger has been proven to lower cholesterol, promoting a healthy heart.

Digestion: Ginger has been used for over 2,000 years to treat upset stomachs, heartburn and nausea. Studies have shown it greatly reduces the occurrence of morning sickness in pregnant women, and also eases motion sickness in users through its ability to control movement in the digestive tract.

Common Cold: Ginger is a typical treatment used to aid colds, cough and congestion while also soothing a sore throat.

Headache and Pain: Ginger not only eases headaches but treats migraines by stopping the pain caused by inflammation of blood vessels. This makes it a powerful natural painkiller for other ailments of the body as well.

Diabetes: Incorporation of ginger into the diet has shown a decrease in the kidney damage of diabetic patients. It also has shown to help regulate blood sugar.

Wounds: Ginger has both antifungal and antibacterial properties, helping to heal wounds and protect them from infection.

Cancer: Studies have shown ginger aids in Ovarian Cancer treatment by increasing cancer cell death in the ovaries and in Colon Cancer prevention by slowing cancer cell growth in the colon.

Sources:

<http://www.nutrition-and-you.com/ginger-root.html>

<http://www.umm.edu/altmed/articles/ginger-000246.htm>

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