

Ginger: A super food?



Ginger is a medicine used in traditional and alternative medicine. I use ginger on a regular basis. It is easier to find than turmeric in my area. Turmeric is closely related to ginger. Looks similar except that ginger is a whitish, yellowy color and turmeric is a deep orange. They both can enhance many dishes, great in tea, soup and for medicinal reasons... like nausea and morning sickness,

motion sickness. it's has many benefits to your health. And is delicious, light, refreshing taste in smoothies. It's not just a side for sushi!

Ginger is a powerful natural remedy; without side effects. with wide-reaching capabilities for many (even serious) health conditions. It is no surprise that ginger is very closely related to turmeric, another super-powerful health enhancer?

Some Benefits of Ginger:

Inflammation is the cause of many of today's serious and chronic diseases such as cancer, diabetes, heart disease, arthritis, and Alzheimer's, Auto-immune Conditions. Ginger can significantly stop or reduce inflammation and is also a powerful antioxidant helping to prevent, slow or even reverse serious diseases.

Reduces Pain and Inflammation

Ginger is effective at preventing muscle pain, stiffness, and inflammation from exercise in addition to all types of Arthritis.

Fights Cancer

Ginger is so powerful, it can fight cancer and actually shrink tumors and destroy cancer stem cells. In an article titled, "[Ginger and Cancer](#)" by Kelley Herring, published by US Wellness Meats, May 6, 2016, Kelley reports that while chemotherapy kills both cancer cells and healthy cells in the body, chemo can leave behind deadly cancer stem cells, that can return to grow new cancerous tumors. According to Kelley and the Journal of Pharmacology and Therapeutics: "*Cancer stem cells (CSCs), which comprise a small fraction of cancer cells, are believed to constitute the origin of most human tumors ... Many studies also suggest that Cancer Stem Cells serve as the basis of metastases*".

Ginger contains another powerful compound, 6-shogaol, that is highly effective in killing cancer stem cells in breast cancer, according to a study done in 2015. Shogaol was compared to the

chemotherapy drug, Taxol, and curcumin from turmeric. The compound found in ginger was found to be the most effective, especially against cancer *stem cells*. Kelley's article ("[Ginger and Cancer](#)") goes on to state that the Taxol could not match the activity of the shogaol in ginger even at a 10,000X increase! The best thing about this study is that ginger's powerful properties in fighting cancer happen *without* the harmful side effects that chemotherapy causes.

Gingerols have also been shown to be active against the growth of colorectal cells in colon cancer, according to a study from University of Minnesota's Hormel Institute. Ginger extracts have been shown in scientific studies to have antioxidant, anti-inflammatory, and anti-tumor effects on human cells and cancer cells. In a study from University of Michigan, gingerols killed ovarian cancer cells. Ovarian cancer is thought to be caused in part, by inflammation, and because ginger has such a powerful anti-inflammatory effect on cells, reducing key inflammatory indicators also reduced chances of ovarian cancer development, in addition to ginger's tumor-shrinking capabilities. While conventional chemotherapy also suppresses the same inflammatory markers, chemo—besides destroying the body's healthy cells and immune function—also can create drug resistance. Cancer cells exposed to ginger do not become resistant. Ovarian cancer is often considered a silent, deadly killer, so an ounce of prevention in the form of ginger is highly advisable for most women of childbearing and menstruating age.

Digestive Issues

Ginger is a great digestive aid, especially for nausea and motion sickness. It works better than medications such as Dramamine, a well-known med for motion sickness. Ginger does not have adverse effects for pregnancy. NOTE: Always check with your doctor before taking ginger if you are pregnant. High doses can possibly increase the chance of miscarriage.

Also useful post-surgery patients, and chemotherapy patients with nausea and vomiting from standard cancer treatments.

Brain Function including Alzheimer's

Ginger and turmeric are known helpers for the Alzheimer's Patient because of the anti-inflammatory properties.

In a study on ginger, they found that ginger actually could reverse dysfunctional behaviors in the Alzheimer's patient as well as other types of dementia. Ginger may function as a protector to acetylcholinesterase (which is an enzyme that breaks down acetylcholine), similar to several popular Alzheimer's drugs, without side effects. Acetylcholine is a brain chemical, important for learning and memory.

Ginger boasts positive effects on mental abilities, even for healthy people. Ginger improves cognitive ability, improves overall brain function, and lowers oxidative stress. Ginger also is a stimulant which increases mental alertness.

MSG, or monosodium glutamate, a common ingredient in Asian foods and processed meats and other foods, is considered a harmful excitotoxin and a neurotoxin. Ginger helps to protect and minimize the toxicity of MSG, monosodium glutamate often found in ethnic foods and processed foods. MSG can hide as other names as well. Too many to list here. Just beware and remember that Ginger is a Protectant from MSG. which has been associated with neurological diseases such as Alzheimer's, MS. Parkinson's disease and Attention Deficit Disease.

Maintain Healthy Blood Sugar For Diabetes

“Ginger can be considered way to prevent diabetes complications.” For example, Drop your fasting blood sugar by 12%, lower your AbA1c by 10%,

Fights Heart Disease and Strokes, Anti-Clotting

Ginger helps to reduce platelet aggregation significantly, so be sure to check with your doctor first if you are on any type of medication for this condition.

Burns Fat and Raises Metabolism

Ginger as a fat burning food. Ginger also helps suppress your appetite, have a cup or two of ginger tea before meals.

Ginger:

Increases immune function, reducing pain, reduces effects of toxic chemicals, treating non-alcoholic fatty liver disease (often caused by too much HFCS and fructose in the diet), protecting cells against radiation, migraines, indigestion, gum disease, freshens breath, and improves energy.

Fresh ginger root contains the most gingerol, but the dried form of it contains more of the cancer-fighting shogaol. When cooked, the primary active ingredient in ginger is zingerone. Enjoy both forms or combine for each beneficial property.

In addition to Smoothies, Asian Stir Fry Dishes, along with Sushi and Teas be sure to add Ginger to Salad dressings, marinades in addition to Liquid Amino's, Lemon, Honey. My personal favorite is Green/Ginger Tea with honey and/or Lemon. Ginger Kombucha is another of my personal favorite beverages. It is a refreshing drink before meals.