**My Mother told me a long time ago that “Ginger”is really good for me.**

**She didn’t exactly explain her statement, but she really believed it and wanted me to believe her.**

Now that I am all grown up, I really want to know if Ginger is really good for me.

**What does the science tell us?**

There are many benefits that have been enjoyed by millions of people globally, medicine has not been able to prove that all humans can enjoy the benefits now realized by many people globally. So while the benefits of Ginger are generally known to be positive for many people, our incomplete understanding of why Ginger is effective for many health issues, it does not enjoy absolute endorsement by Western medicine. In Asia, Ginger is well accepted as a medical solution for many common ailments.

Over-all, Western medicine accepts that Ginger is great natural solution for relieving nausea and bloating, to protecting you from cellular damage due to its high antioxidant content. It also has potent anti-inflammatory properties that may help to relieve arthritis and respiratory problems.

**The multiple benefits of Ginger are listed as follows:**

By fighting germs very effective at halting growth of bacteria like E.coli and shigella, and they may also keep viruses like RSV at bay.

Keeps our mouths healthy and retards the growth of bacteria in the mouth, which are the same bacterial that causes periodontal disease, a serious gum infection which is a problem for most people.

Ginger calms nausea by breaking up and getting rid of built-up gas in your intestines. It might also help settle seasickness or nausea caused by chemotherapy.

Ginger can relieve sore muscles and may tame soreness over time. In some studies, people with muscle aches from exercise who took ginger had less pain the next day than those who didn’t.

Because of its anti-inflammatory feature, it reduces swelling. This may be especially helpful for treating symptoms of both rheumatoid arthritis and osteoarthritis. You might get relief from pain and swelling either by taking ginger by mouth or by using a ginger compress or patch on your skin.

This is a real winner, it tends to curb the growth of cancer cells. Studies are showing that bioactive molecules in ginger may slow down the growth of some cancers like colorectal, gastric, ovarian, liver, skin, breast, and prostate cancer. We need more research to verify this anti-cancer capability.

Ginger appears to help the body to use insulin better. Further studies are needed to see if ginger really helps lower blood sugar levels. For the 100 million diabetics in America, Ginger may be God sent.

This is not my problem, but for the majority of the human race. Ginger powder may help with menstrual cramps. In studies, women who took 1,500 milligrams of ginger powder once a day for 3 days during their cycle felt less pain than women who didn’t.

Ginger may help you battle your “bad” or LDL cholesterol levels. In a recent study, taking 5 grams of ginger a day for 3 months lowered people’s LDL cholesterol an average of 30 points.

Ginger is loaded with antioxidants, which are compounds that prevent stress and damage to your body’s DNA. They may help your body fight off many chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy aging.

If you have ever had indigestion, Ginger must be your solution. For those with dyspepsia, ginger could bring some relief. Ginger before meals may make your system empty faster, leaving less time for food to sit and cause problems.

I think most of us should be considering the use of ginger because it appears to have many needed features that benefit most people.

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**SOURCES:**

**When You Eat Ginger Every Day This Is What Happens To Your Blood Sugar Levels**

Ginger is used for everything from spicing up your tea to adding zing to sweets like good old-fashioned gingerbread. **It's also one of the most powerful natural medicines in the world. According to Johns Hopkins School of Medicine, ginger is good for everything from relieving nausea and bloating, to protecting you from cellular damage due to its high antioxidant content. It also has potent anti-inflammatory properties that may help to relieve arthritis and respiratory problems, although more research is needed.**

But lately, ginger has also come under the medical spotlight for its **potential to help with blood sugar regulation and assist those suffering from related conditions like diabetes**. According to a 2019 review of the antidiabetic properties of ginger published in the book "Ginger Cultivation and its Antimicrobial and Pharmacological Properties", **several studies have shown that ginger can have a restorative effect on pancreas cells, increase insulin sensitivity, and enhance the regulation of blood sugar. When you eat ginger every day, you are helping to regulate your blood sugar levels naturally.**

Since ginger is part of the traditional diet of many countries around the world, several studies have been done on its impact on human health, including its ability to lower blood sugar levels. A 2015 review published in the Journal of Ethnic Foods looked at five of such studies and concluded that ginger root supplementation "significantly lowered fasting blood glucose concentrations". In other words, **consuming ginger on a daily basis may help to lower your blood sugar levels.**

This blood sugar lowering property has led scientists to investigate ginger as a possible natural treatment for diabetes, which is characterized by high blood sugar levels and correspondingly high levels of insulin in the bloodstream. A randomized, double-blind, placebo-controlled 2015 study published in the Iranian Journal of Pharmaceutical Research found that ginger supplementation improves not just blood sugar levels but also a variety of other markers associated with diabetes. **They concluded that ginger may help reduce the risk of diabetes complications.**

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***From Web.MD***

**Health Benefits of Ginger**

Reviewed by Melinda Ratini, DO, MS on November 06, 2020

**1 / 11 benefits**

**Fights Germs**

Certain chemical compounds in fresh ginger help your body ward off germs. They’re especially good at halting growth of bacteria like E.coli and shigella, and they may also keep viruses like RSV at bay.

**2 / 11**

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**3 / 11**

**Calms Nausea**

The old wives’ tale may be true: Ginger helps if you’re trying to ease a queasy stomach, especially during pregnancy. It may work by breaking up and getting rid of built-up gas in your intestines. It might also help settle seasickness or nausea caused by chemotherapy.

**4 / 11**

**Soothes Sore Muscles**

Ginger won’t whisk away muscle pain on the spot, but it may tame soreness over time. In some studies, people with muscle aches from exercise who took ginger had less pain the next day than those who didn’t.

**5 / 11**

**Eases Arthritis Symptoms**

Ginger is an anti-inflammatory, which means it reduces swelling. That may be especially helpful for treating symptoms of both rheumatoid arthritis and osteoarthritis. You might get relief from pain and swelling either by taking ginger by mouth or by using a ginger compress or patch on your skin**.**

**6 / 11**

**Curbs Cancer Growth**

Some studies show that bioactive molecules in ginger may slow down the growth of some cancers like colorectal, gastric, ovarian, liver, skin, breast, and prostate cancer. But much more research is needed to see if this is true.

**7 / 11**

**Lowers Blood Sugar**

One recent small study suggested that ginger may help your body use insulin better. Larger studies are needed to see if ginger could help improve blood sugar levels.

**8 / 11**

**Eases Period Pains**

Got menstrual cramps? Ginger powder may help. In studies, women who took 1,500 milligrams of ginger powder once a day for 3 days during their cycle felt less pain than women who didn’t.

**9 / 11**

**Lowers Cholesterol**

A daily dose of ginger may help you battle your “bad” or LDL cholesterol levels. In a recent study, taking 5 grams of ginger a day for 3 months lowered people’s LDL cholesterol an average of 30 points**.**

**10 / 11**

**Protects Against Disease**

Ginger is loaded with antioxidants, compounds that prevent stress and damage to your body’s DNA. They may help your body fight off chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy aging.

**11 / 11**

**Relieves Indigestion**

If you live with chronic indigestion, also called dyspepsia, ginger could bring some relief. Ginger before meals may make your system empty faster, leaving less time for food to sit and cause problems**.**

**Ginger’s health benefits might surprise you**

*It’s also one of the most unique, well-loved flavors around the globe***.**

**Lori Zanteson, Environmental Nutrition, April 22, 2022**

There are many forms of ginger: dried, pickled, preserved, crystallized, candied, powdered, ground and fresh, which packs the most flavor.

There are many forms of ginger: dried, pickled, preserved, crystallized, candied, powdered, ground and fresh, which packs the most flavor.

Bold, aromatic and pungent, ginger (also called ginger root) has spiced up palates and herbal remedies for thousands of years.

Thought to be native to southeastern Asia, ginger has long been prized in India, China and the Middle East, before the Chinese brought it to Rome when it grew in demand and became widely traded. It’s been used extensively in the treatment of many ailments, such as colds, nausea and arthritis.

It’s also one of the most unique, well-loved flavors around the globe, starring in favorite recipes like ginger tea, Indian curries, pickled accompaniment to sushi, and, of course, gingerbread, especially the beloved gingerbread man cookie. Lucky for us, ginger also hosts many powerful antioxidant health-protecting plant compounds.

Ginger (Zingiber officinale), a member of the same plant family as cardamom and turmeric, is the rhizome (underground rootstalk) of the ginger plant. Peek beneath the (usually) rough exterior—knobby, basic beige and a bit craggy—to reveal a flesh that may be yellow, white or reddish, depending on the variety.

Chinese ginger, or grocery store ginger, which has a pungent flavor and pale, yellow flesh, is most common in the U.S. As a spice, only small amounts of fresh ginger are used in cooking.

So, while a teaspoon sized serving doesn’t pack vitamins and minerals, it is big on aromatics, flavor and many bioactive compounds, most notably, anti-inflammatory gingerols.

Ginger may help reduce pain and improve mobility in people with arthritis. A study in patients with rheumatoid arthritis (RA) noted that daily ginger powder for 12 weeks improved inflammation.

Several studies have shown ginger to improve gastrointestinal symptoms, such as nausea and vomiting. One study found that daily ginger supplementation improved these symptoms in patients with advanced cancer (Supportive Care in Cancer, 2019).

There are many forms of ginger: dried, pickled, preserved, crystallized, candied, powdered, ground and fresh, which packs the most flavor.

Refrigerate unpeeled, fresh ginger a few weeks, or freeze up to six months. Keep dried and ground ginger tightly sealed in a cool, dry place.

Slice, chop or grate ginger into veggie side dishes, stir fries, soups and roasted or mashed winter squash or sweet potatoes.

Mix with soy sauce, olive oil and garlic and use as a salad dressing or marinade.

Definitely add it to baked goods for warming, sweet-smelling bliss.

Environmental Nutrition is the award-winning independent newsletter written by nutrition experts dedicated to providing readers up-to-date, accurate information about health and nutrition.