

Health Benefits of Ginger

Ginger may thin the blood and should be used with caution if using blood thinning medication. It may cause abdominal discomfort, diarrhea, or heartburn so it is best taken with meals. Do not use if you have gall bladder disease. It can cause cardiac arrhythmias or central nervous system depression if overdosed. The Ginger Rhizome (underground stem) is the active part of the plant. Gingerol is the most bioactive compound.

Promotes improved Digestion/Metabolism:

- Ginger tends to increase motility of the digestive system and this helps to increase gastric emptying; in one study of healthy participants, the stomach emptying speed was doubled.
- Improving the digestion decreases the amount of energy required to digest food, and therefore, there is more energy for other functions. Approximately 60% of the body's energy is devoted to metabolism.
- With faster digestion, indigestion and heartburn are less likely to occur.
- Ginger has been shown to be an effective remedy for nausea including for seasickness, morning sickness, post-surgery, and chemotherapy treatments. It is also helpful with vertigo.
- One study showed that Ginger reduced fasting blood sugar levels and A1c levels. In one study, 2 grams of ginger powder per day lowered fasting blood sugar by 12% and A1c levels by 12% over 12 weeks.

Reduces Inflammation:

- Research has shown that Ginger inhibits the production of pro-inflammatory cytokines which are responsible for the upregulation of inflammatory reactions.
- Chronic inflammation is responsible for many common diseases such as Alzheimer's disease, heart disease, autoimmune disorders, and cancer.
- Reducing inflammation can reduce pain such as migraines, joint and muscle pain, and menstrual pains. In one study, participants with osteoarthritis of the knee had less pain and required less pain medication. In a study of women experiencing menstrual pain, 1 gram/day of Ginger for the 1st 3 days of the menstrual period reduced the pain as much as Ibuprofen.

Improves Cardiovascular function:

- Ginger acts as a vasodilator which improves circulation and lowers blood pressure. Ginger also contains Potassium which can help to lower blood pressure. Monitor carefully if you are on blood pressure medication or if you have low blood pressure.
- Ginger has been shown to reduce LDL cholesterol which contributes to Atherosclerosis. In one study there was a reduction in markers for oxidized lipoproteins by 23% in 12 weeks.

Anti-microbial:

- Antiviral-may be effective against the RSV virus which causes respiratory infections.
- Anti-bacterial-may be effective against oral bacteria contributing to gingivitis and periodontitis. Also, it has shown to be effective with Bacillus and E. coli. Ginger induces sweating which contains dermicidin which provides protection of pathogens on the skin.

Anti-Cancer:

- Studies in mice treated with (6)-gingerol showed a significant inhibition of colorectal cancer.
- Lab experiments showed that gingerols kill ovarian cancer cells by inducing apoptosis (programmed cell death) and autophagocytosis (self-digestion). In the presence of ginger, some key indicators of inflammation including vascular endothelial growth factor, interleukin-8, and prostaglandin E2 were decreased in ovarian cancer cells. More than 50% of ovarian cancer patients are diagnosed in advanced stages of the disease.