

CONCENTRATED GINGER SYRUP FROM NATURALLY BERRY

10 Medicinal Health Benefits of Ginger

<https://draxe.com/10-medicinal-ginger-health-benefits/>

Ginger (*Zingiber officinale*) is surprisingly the most widely used dietary condiment in the world today. It's actually part of the plant family that includes **turmeric** and cardamom, which may explain why the health benefits of ginger are so extraordinary.

The Chinese and Indians have used ginger tonics to treat ailments for over 4,700 years, and it was a priceless commodity during the Roman Empire trade around the coming of Christ because of its medicinal properties.

The root acts as a highly potent antioxidant and anti-inflammatory agent. These bioactive ingredients, especially *gingerol*, have been thoroughly evaluated clinically, and the research backs up why you should use ginger on a regular basis.

Here are the top ginger health benefits proven by medical studies:

1. **Stroke and Heart Disease**

Two of the biggest killers on the planet may be kept at bay with regular ginger use, especially when eaten with other key superfoods. Garlic, ginger and onions all have an anti-blood-clotting ability, yet when they're eaten together they're a powerful mainstay against heart attacks and stroke!

2. **Indigestion and Nausea**

Whether we're talking about curing a simple tummy ache or severe morning sickness, ginger has been used for thousands of years as an effective digestive aid and natural remedy for nausea. Ginger helps people who are bloated, constipated and have other gastrointestinal disorders. It relaxes the smooth muscle in your gut lining and helps food move along throughout the system.

3. **Malabsorption**

Proper food transport (and nutrient absorption) from the mouth out through your colon is the mainstay to health. If food gets stuck somewhere in between, it can ferment, rot or (even worse) cause obstruction, which is a life-threatening emergency. Ginger helps to promote regular digestion and metabolism of your food and is largely responsible for promoting a strong immune system.

4. **Compromised Immunity and Respiratory Function**

It is believed that because ginger is so effective at warming the body, it can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, our body's sewage system. Ginger prevents the accumulation of the toxins that make you susceptible to infections, especially in the respiratory system.

5. **Bacterial Infections**

In 2011 it was tested just how effective ginger is in enhancing immune function. Ginger has the ability to kill *Staphylococcus* and *Streptococcus* with conventional antibiotics. This is important because these two bacteria are extremely common in hospitals and oftentimes cause complications to an already immune-compromised patient.

Key takeaway: If you ever need to go to the hospital for surgery or to visit a friend, make sure you bring some ginger essential oil with you and add a couple drops to your water. You're less likely to get a dangerous staph infection, and it can help speed the healing process! Other healing remedies that are effective against infections include oregano oil, clove oil and melaleuca oil.

6. **Fungal Infections**

One of the trickier issues to control because they're increasingly resistant to conventional medicine, fungal infections don't stand a chance against ginger.

7. **Ulcers**

Since the 1980s, researchers have known that ginger can cure stomach ulcers.

8. **Pain**

Ginger is known for its anti-pain property. Similar to the initial intense burning feel you get when you consume spicy pepper, ginger's burn only lasts but a second, and researchers discovered that it affects the pain pathways directly but also relieves the inflammation, which in itself causes pain.

9. **Cancer**

Scientists discovered that three weekly feedings of *gingerol* on mice delayed the growth of colorectal cancer cells. University of Michigan researchers confirmed these results with ovarian cancer. In fact, they found that "Ginger treatment of cultured ovarian cancer cells induced profound growth inhibition in **all** cell lines tested."

10. **Diabetes**

Gingerols are widely known to naturally improve diabetes and enhance insulin sensitivity. Simply put, ginger not only helps prevent and reverse diabetes itself — it protects against and improves diabetic complications like diabetic retinopathy!