

# The Amazing Herbal Power of Ginger

Superfoods are foods and herbs that have a unique concentration of nutrients that synergize together to boost potential. These foods are typically loaded with a combination of critical fatty acids, anti-oxidant phytonutrients, and essential amino acids. Ginger is a superfood herb.

Ginger is used throughout the world in countries such as China, Japan, India, Greece, Caribbean countries, England, and the USA. It is made into ginger teas, ginger-ale, ginger beers, ginger bread, gingersnap cookies and ginger biscuits. Almost every culture has historically used it for its powerful ability to enhance immunity, improve digestion, and reduce inflammation.

## Loaded with Anti-Oxidants

This incredible superfood herb is 13th on the anti-oxidant list, boasting an impressive ORAC score of 28,811. Ginger is composed of several volatile oils that give it its characteristic flavor and odor: zingerone, shogaols, and gingerols. These oils are powerful anti-bacterial, anti-viral, anti-fungal, and antiparasitic agents. In addition, ginger inhibits cancer cell formation while firing up our body's own inborn ability to destroy cancer cells.

## Ginger Improves Digestive Function

Ginger has classically been used to improve the digestion process. Nine different substances have been found that stimulate serotonin receptors in the gut, which provides benefits to the gastrointestinal system. This reduces gut related inflammation and enhances nutrient absorption.

Ginger is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes intestinal tract) while inducing gut motility. Ginger is known to reduce fever related nausea, motion sickness, and feelings of “morning sickness.” Additionally, it helps aid in the production of bile, making it particularly helpful in digesting fats.

## **Ginger is a Powerful Anti-Inflammatory**

Ginger is also an important part of an anti-inflammation, natural pain-relief program. One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, that quickly forms a dangerous free radical peroxynitrite. Additionally, ginger helps to protect the body’s stores of glutathione (the super anti-oxidant and free radical destroyer).

Ginger is also very high in potassium, which aids in electrical energy production and detoxification. It is a great source of manganese, which protects the lining of the heart blood vessels and urinary tract. Ginger contains silicon, which enhances skin, hair, teeth, and nails. It helps assimilate calcium and reduces inflammation in the bone tissue, aiding the development of strong bones and teeth.

One of my favorite ways to get Ginger into my system is with the Beyond Organic Ginger Terrain. Organic ginger is taken through an advanced three-month fermentation cycle that unlocks the full nutritional potential within the ginger. This means more anti-oxidant potential and beneficial gingerols in a medium that allows it to stabilize the gut flora and optimize overall health.

Here is a tasty and very healthy recipe for an American Favorite – Ginger Ale.

# De-Inflaming Ginger Ale

2 Tbsp of Coconut Water Kefir

1-2 cups of coconut water

2-4 oz of fresh ginger grated

2 tbsp of ginger terrain (optional)

Combine all ingredients and let sit and ferment for 24 hours to provide an amazing, probiotic enriched soda alternative.

## Related Reading:

- *Cinnamon – Ceylon Vs Cassia, Health Benefits, and Other Interesting Facts*
- *How To Use Turmeric To Kill Cancer*
- *Cayenne and Capsaicin, Natures Miracle Medicine*
- *Garlic – The Most Amazing Herb On The Planet*

## Sources:

- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=72>
- <http://en.wikipedia.org/wiki/Ginger>
- <http://www.boost-immune-system-naturally.com>
- [http://www.naturalnews.com/028540\\_inflammation\\_superfoods.html](http://www.naturalnews.com/028540_inflammation_superfoods.html)