

SPICING IT UP AGAIN WITH GINGER

SPICE IT UP AGAIN WITH JEN a series

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This week the ginger is going to talk about ginger (seriously I am a ginger). This spice has incredible medicinal purposes as well as taste. Ginger originated in Southeast Asia and is one of the healthiest spices in the world. It comes from the Zingiberaceae family and is closely related to turmeric. Ginger contains gingerol which is the bioactive compound that gives it its medicinal properties. Ginger has been shown to have high antioxidant and anti-inflammatory properties. It has been used to treat osteoarthritis of the knee with good success. Another more common use of ginger is as an anti nausea treatment, especially for motion and morning sickness. Ginger candy is often carried on touring boats for this very reason. ([Source](#))

Ginger has also been shown to lower blood sugar levels and improve heart disease risk factors, in people with type 2 diabetes. Studies have also shown that ginger helps in weight loss and improve BMI. This may be because it has been shown to lower the insulin level. Finally, ginger can increase the rate of stomach emptying which can reduce indigestion.

Overall ginger has been shown to have many positive health benefits to the body and brain and is an excellent spice. Talk to your doctor if you think you may want to take a supplement and do your research. Supplements are not FDA regulated. Make sure you are getting what you want and at the correct dosage, but for everyone else, use it in your recipes, tea, etc. and reap the benefits.



WHAT IS SAFE:

Of course it is very important to keep in mind that ginger (as a supplement) has not been thoroughly tested or regulated by the FDA. Therefore, it is important to talk to your doctor about dosage or whether or not it may react with some medications. It does slow blood clotting so those on blood thinners should be cautious. As far as dosage..? It is not clear as how much is too much. The only real negative side effects is upset stomach. However, it can increase the production of bile so those with Gall Bladder Disease may want to avoid it. ([Source](#)) High doses of ginger -- **more than 5 grams a day** -- increase the chances of side effects.