



IT IS EASY TO USE FRESH GINGER

Scrub & peel FRESH ginger root, letting the fingers brake off where they choose. Wrap each piece tightly in clear wrap, place in baggie and FREEZE. To use simply grate into any soup, sauce, veggies or salad dressing. A little goes a long way. By grating it, it quickly dissolves like melting snow in the sunshine. Therefore a smother taste and no bits and pieces to bite into.



From the Cleveland Clinic:

Fresh ginger boasts a potent compound called **gingerol**, which includes antioxidant properties and reduces inflammatory enzymes. As a result, ginger is “beneficial for inflammatory-related conditions and pain relief, specifically menstrual cramps and also arthritis-based conditions,” O’Neill says. For example, in a clinical trial, ginger showed promise at improving knee pain associated with osteoarthritis.

Dried ginger also contains anti-inflammatory compounds, but **gingerol** changes form when heated into a different compound that’s not as effective.

Ginger’s been linked more to long-term pain relief rather than immediate pain relief. “When you take over-the-counter pain medication, it helps in an instant. Researchers studying the effects of ginger found the spice has a delayed effect. In a few days, people may anecdotally say, ‘You know what, I feel like I’m in less pain.’”

Improves blood sugar regulation:

Gingerol could also explain ginger’s role in keeping blood sugar levels steady. Doing the latter is key to controlling the long-term health

effects of Type 2 diabetes. “The ginger reduces enzymes that break down carbohydrates and so it helps with glucose (sugar) metabolism,” says O’Neill.

People with **Type 2 diabetes** often don’t produce enough insulin, which is key to ensuring glucose circulates throughout the body and doesn’t accumulate in the bloodstream. Ginger can also help regulate this: Studies have also found that ginger encourages your muscles to absorb glucose, without requiring you to take extra insulin.

This could lead to additional positive side effects. “When you are insulin resistant, sometimes it can make it harder to lose weight,” O’Neill says. “Improved blood sugar regulation may help with weight loss and potentially make your body more sensitive to insulin.”

Reduces nausea:

As a kid, your parents might have given you ginger ale to treat an upset stomach. However, it’s likely not the ginger that settled your tummy. “Most ginger ales don’t actually contain real ginger,” says O’Neill. “It’s probably more of the carbonation that helps settle someone’s stomach.”

Eating fresh ginger can help with various forms of nausea, however, including morning sickness, motion sickness and the side effects of some chemotherapy regimens. “Ginger may be helpful because it helps increase the way food moves through your GI tract, called gastric motility, and block serotonin receptors in our gut lining.” This can help silence nerves that trigger your vomiting reflex.

May help lower cholesterol: One study found that people who took ginger pills daily saw decreased levels of triglycerides, total cholesterol and bad cholesterol (otherwise known as low-density lipoprotein, or LDL) after 45 days, as compared to people who were given a placebo. However, more research is needed to definitively say that you can take ginger to lower cholesterol.

May inhibit bacteria growth: Some studies found that certain elements found in ginger (like gingerol) may have antibacterial properties, although more research is needed to draw definitive conclusions.

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