

# GINGER: Common Spice & Wonder Drug

*As well as tasting great,  
Ginger has a host of  
healing properties*



Over millennia, millions of people have enjoyed the benefits of ginger. For spiritual upliftment, digestive comfort and strength, stimulation and relief from infirmity, ginger has been heralded as the herb of choice and has been included in most traditional Eastern formulas.

Over a period of 5,000 years, ginger traveled from Southeast Asia to the New World. Considered a treasure by some of the great figures of history, its ancient trade helped shape nations and insure its worldwide cultivation. Ginger offers a variety of therapeutic effects which no modern drug can rival. Unfortunately, due to a monopolistic healthcare system and a historically biased regulatory environment, full awareness of ginger's value has been limited.

Ginger is a remarkably safe herb. No modern pharmaceutical can compete with its range of therapeutic properties and absence of adverse side effects. The observed effects of ginger are the result of the interactions of more than 400 constituents which can be broken down into four major classes: taste, fragrance, nutrients and synergists. While most of the therapeutic focus is on the pungent taste compounds, called gingerols and shogaols, ginger's protein-digesting enzyme and antioxidant are also key elements.

Ginger, the bioavailability herb, assists the digestion of other nutrients and is a recommended addition to natural supplement regimes. The antinau-

sea effect of ginger is well documented. From nausea resulting from chemotherapy and ocean travel to pregnancy and gynecological surgery, ginger is the natural treatment of choice.

Ginger is also a potentially powerful anti-ulcer treatment rivaling three of the nation's most popular drugs which account for \$2.8 billion in sales annually. The antiulcer effect of ginger is complemented by a host of other important digestive values which include relief of both diarrhea and constipation, liver protection, and probiotic support.

Ginger is also a preventive treatment for critical cardiovascular disorders. Like aspirin, it holds the potential to prevent thousands of deaths from heart attacks and strokes as well as colon cancer. But unlike aspirin, it will have no side effects.

Ginger has been shown to affect positively parameters of health such as cholesterol and blood sugar and balance numerous body systems including the circulatory, respiratory and reproductive systems. Ginger also exhibits a wide range of antiparasitic activities.

The historic observation that ginger is a cold remedy is a result of a combination of principal actions including eicosanoid balance, probiotic support, antitoxic and cytoprotective influences.

Ginger possesses a significant antimutagenic potential against such pow-

erful carcinogens as benzo(a)pyrene and the most toxic burned byproducts of the amino acid tryptophan. Research also warrants further investigation into ginger's anticancer properties and its role in a cancer-treatment program.

Both fresh and dry ginger are recommended forms for supplementation. There will be different properties gained from each. Ginger is commercially available in many forms including fresh, dried, syrup, capsules and extract. (Note: Care and moderation should be exercised when using ginger during pregnancy and before surgery. Up to 1 gram daily of the powdered herb should be a safe preventive dosage for the general population.)

With a health-care system that is widely recognized as in crisis, natural and traditional remedies offer both a safe and economical potential to save lives and drastically improve the nation's health. **SG**

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