DID YOU KNOW GINGER IS ONE OF THE RICHEST FOOD SOURCES OF ANTIOXIDANTS AND THAT IT'S A NATURAL ANTIDOTE FOR DIGESTIVE DISTRESS? READ ON TO LEARN OTHER APPLICATIONS OF THIS VERSATILE HERB

The root of the ginger plant has been used in traditional Chinese medicine for more than 2,500 years, but only in recent decades has science begun to unravel the mysteries of ginger's healing powers. Here are 10 ways to benefit from this flavorful plant:

1. Antioxidant Power
Antioxidants help to prevent all forms of disease and slow aging. A study of more than 120 plant foods, published in the *Journal of Nutrition*, ranked ginger among the five richest food sources of antioxidants, along with berries, walnuts, sunflower seeds, and pomegranates. Test-tube and animal research has shown that ginger suppresses the production of free radicals and also enhances the body's internal production of antioxidants.

2. Nausea Prevention
Many studies have found that ginger can help prevent motion sickness. One study, published in the *Journal of Travel Medicine*, found that among 1,741 tourists on a six-hour whale-watching boat trip, 500 mg of ginger prevented seasickness as well as the need for motion sickness medications. In other research, pregnant women who took ginger experienced less nausea and vomiting than those who took a placebo. During pregnancy, 1 g daily for up to four days is considered safe.

3. Pain Relief
Numerous studies have validated ginger's natural anti-inflammatory properties. In a study of 247 patients with osteoarthritis of the knee, published in *Arthritis and Rheumatism*, a ginger extract significantly reduced knee pain when standing and walking, and those taking ginger needed less pain medication. Other research found that ginger relieved muscular pain.

**sweet on ginger**

By Vera Tweed

**NEW CHAPTER'S GINGER FORCE capsules**

**SANTA CRUZ Organic's LEMON GINGER ECHINACEA juice**

**ORIGINAL GINGER ALE soda from Reed's Ginger Brew**

**CRYSTALLIZED GINGER SLICES from NOW Foods**
4. Digestive Support
A traditional remedy for stomach upset, ginger helps to eliminate gas and soothes the intestinal tract. It can be taken as a supplement or eaten with meals. The pickled form, which often accompanies dishes at Asian restaurants, is believed to offer at least as many of the health benefits as the fresh form. Candied ginger, as long as it contains a significant amount of real ginger, can be a soothing treat and is great for baking.

5. Aid for Cancer Patients
Ginger may reduce nausea occurring as a side effect from chemotherapy treatment. And, test-tube studies have shown that the beneficial qualities found in ginger may even offer some protection against cancer.

6. Heart Health
Ginger may help to prevent heart disease by reducing blood clotting that leads to plaque formation and blockage of blood vessels. It also may help to lower high cholesterol.

7. Versatile Remedy
Traditionally, uses of ginger have included treating diarrhea, menstrual cramps, headaches, and colds and flu. Several popular cold-and-flu formulas, such as Wellness Formula by Source Naturals and Get Well Soon by Rainbow Light, contain ginger. As a spice, it has been used for more than 4,000 years.

8. Safe for Kids
For kids over 2 years of age, ginger is a remedy for nausea, motion sickness, stomach cramps, and headaches. (See Shopping Guide)

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SHOPPING GUIDE

- Adult daily dose: Between 2 g and 4 g daily of fresh root, 250–1,000 mg of powdered root, or 30–90 drops (1.5–3 mL) of a liquid extract, or follow product directions for standardized extracts. Topical ginger oil may be rubbed on painful joints.

- Children 2 and older: Adjust dose in proportion to body weight, based on adult doses set for a 150-pound person. For example, a child weighing 37 pounds would require a quarter of the adult dose.
10 WAYS | SUPPLEMENTS

on p. 38 for dosages.) The company Herbs for Kids manufactures a tasty liquid extract, Minty Ginger, specifically for treating digestive complaints in children.

9. Healthy Soda
Although most ginger ales and sodas are not made with real ginger and may contain unhealthy additives and high-fructose corn syrup, soda made with real ginger is a good choice. For example, Reed’s Ginger Brew is made with fresh ginger and other natural ingredients.

10. Zesty Flavor
Fresh ginger adds flavor to vegetable dishes and salad dressings (visit whfoods.org and aicr.org for recipes). For a zesty side dish, try this recipe from the American Institute for Cancer Research:

Ginger-Carrot Salad with Cranberries
Serves 4

1 Tbs. freshly squeezed lemon juice
1 tsp. freshly grated or minced ginger
½ tsp. honey
¼ tsp. cinnamon
Pinch of salt
2 cups grated carrots
¼ cup dried cranberries
2 Tbs. sliced almonds

In a medium bowl, whisk together lemon juice, ginger, honey, cinnamon, and salt. Toss with carrots and cranberries. Garnish with almonds, and serve.

PER SERVING: 468 CAL, 7 G PROT, 26 G TOTAL FAT (3 G SAT FAT), 56 G CARB, 0 G CHOL, 88 MG SOD, 7 G FIBER, 32 G SUGARS.