



Nurturing child care inspired by: MONTESSORI

The Benefits of Ginger

Ginger is grown as a root and is a flexible ingredient that can be consumed in drinks (tea , beer, ale) or in cooking. It can be used to make foods spicy and even as a food preservative. For over 2000 years, Chinese medicine has recommended the use of ginger to help cure and prevent several health problems. It is known to promote energy circulation in the body and increase our body's metabolic rate .

1. Maintains Normal Blood Circulation. Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat.
2. Improves absorption. Ginger improves the absorption and stimulation of essential nutrients in the body. It does this by stimulating gastric and pancreatic enzyme secretion.
3. Cold and Flu Prevention. Ginger has been used for thousands of years as a natural treatment for colds and flu around Asia. The [University of Maryland](#)



Nurturing child care inspired by: MONTESSORI

- Medical Center states** that to treat cold and flu symptoms in adults, steep 2 tbsp. of freshly shredded or chopped ginger root in hot water, two to three times a day
4. **Combats Stomach Discomfort.** Ginger is ideal in assisting digestion, thereby improving food absorption and avoiding possible stomach ache. Ginger appears to reduce inflammation in a similar way to aspirin and ibuprofen
 5. **Reduce Pain and Inflammation.** Ginger contains some of the most potent anti-inflammatory fighting substances known and is a natural powerful painkiller.
 6. **Fights Common Respiratory Problems.** If you're suffering from common respiratory diseases such as a cough, ginger aids in expanding your lungs and loosening up phlegm because it is a natural expectorant that breaks down and removes mucus.. That way you can quickly recover from difficulty in breathing.
 7. **Strengthens Immunity.** Ginger helps improve the immune system. Consuming a little bit ginger a day can help foil potential risk of a stroke by inhibiting fatty deposits from the arteries. It also decreases bacterial infections in the stomach, and helps battle



Nurturing child care inspired by: MONTESSORI

a bad cough and throat irritation.