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Cruising Review

ginger-by-cruising-review

Ginger health series by Cruising Review to enhance and protect health before, while, and after traveling.



This webpage QR code

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Explore the science-backed benefits of ginger for health and wellness, learn about the best forms for optimal absorption, and discover its uses in tea and body lotion for a holistic approach to well-being.

PDF Version of the webpage (first pages)

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4/20/2024

Unveiling the Health Secrets of Ginger: Optimal Forms for Maximum Benefits

Ginger, a flowering plant whose rhizome, ginger root, has been widely used for its culinary and medicinal properties. From ancient times to modern-day holistic health practices, ginger has been a cornerstone in treating various ailments and promoting overall wellness. This article delves into the science-backed benefits of ginger, the most effective forms for absorption, and its versatile use in tea and body lotion.

Scientifically-Proven Benefits of Ginger

- **Digestive Health:** Ginger is renowned for its ability to alleviate nausea and vomiting, especially related to pregnancy, chemotherapy, and surgery. Its compounds stimulate saliva, bile, and gastric enzymes, helping digestion and reducing the risk of gastrointestinal irritation.
- **Anti-inflammatory and Antioxidant Effects:** Ginger contains gingerol, a substance with potent anti-inflammatory and antioxidant properties. These can reduce oxidative stress, which is the result of having an excess of free radicals in the body, thus helping to prevent chronic diseases.
- **Pain Reduction:** Studies have shown that ginger is effective in reducing pain, particularly menstrual pain and pain related to osteoarthritis.
- **Cardiovascular Health:** Consuming ginger can lower cholesterol levels and blood sugar, reducing the risk factors for heart disease.
- **Fighting Infections:** Gingerol can help lower the risk of infections by inhibiting the growth of many different types of bacteria.

Enhancing Ginger Absorption

To reap the maximum health benefits, the form in which ginger is consumed matters:

- **Fresh vs. Dried:** Fresh ginger contains higher levels of gingerol. For those seeking the anti-inflammatory and antioxidant benefits, fresh ginger is preferable.
- **Supplements:** Ginger supplements are an effective way to consume a concentrated dose. Look for supplements that are certified for purity and potency.
- **Pairing with Fat:** Similar to curcumin in turmeric, some of ginger's compounds are fat-soluble. Consuming it with fat can enhance absorption.

Ginger in Tea and Body Lotion

- **Ginger Tea:** A popular method to consume ginger is through tea. Ginger tea can be made by simmering slices of fresh ginger in water. This not only aids in digestion but can also be a soothing, warming drink. Adding honey and lemon not only enhances the flavor but can also add to the health benefits.
- **Ginger Body Lotion:** Ginger's anti-inflammatory properties make it a great ingredient for body lotions. It can help improve blood circulation and relieve tired muscles. Its antioxidant properties also protect the skin from aging and environmental damage.

Conclusion

Ginger offers a myriad of health benefits, from aiding digestion to fighting inflammation and infections. The form in which ginger is consumed can affect its benefits, with fresh ginger and supplements being among the most potent forms. Whether it's through sipping a comforting cup of ginger tea or nourishing your skin with a ginger-infused lotion, incorporating ginger into your daily routine can significantly contribute to your overall health and wellbeing.

Ginger

GINGER : Ginger (*Zingiber officinale* Roscoe), a well-known herbaceous plant, has been widely used as a flavoring agent and herbal medicine for centuries. Furthermore, the consumption of the ginger rhizome is a typical traditional remedy to relieve common health problems, including pain, nausea, and vomiting.

It is rich in various chemical constituents, including phenolic compounds, terpenes, polysaccharides, lipids, organic acids, and raw fibers. The health benefits of ginger are mainly attributed to its phenolic compounds, such as gingerols and shogaols.

Keywords: ginger, human health, randomized controlled trials, systematic review, Anti-inflammatory, anti-oxidative, reactive oxygen species, dyspepsia, fatty liver, gastrointestinal cancer, gastrointestinal mucosa, gastroprotective, gingerol, irritable bowel syndrome, nausea, shogaol, swallowing, vomiting gastric emptying, Zerumbone, Zingiber, phytochemicals, antioxidant, anti-nausea, antiobesity, anticancer, anti-inflammatory, ginger extracts, chemoprevention, chemotherapy, natural compou

Summary of Abstracts: Ginger on Human Health: A Comprehensive Systematic Review of 109 Randomized Controlled Trials [Ginger has improvement of nausea and vomiting in pregnancy, inflammation, metabolic syndromes, digestive function, and colorectal cancer's markers were consistently supported.] Clinical applications of ginger with an expectation of clinical benefits are receiving significant attention. This systematic review aims to provide a comprehensive discussion in terms of the clinical effects of ginger in all reported areas. Following the preferred reporting items for systematic reviews and meta-analyses (PRISMA) guideline, randomized controlled trials on the effects of ginger were investigated. Accordingly, 109 eligible papers were fully extracted in terms of study design, population characteristics, evaluation systems, adverse effects, and main outcomes. The reporting quality of the included studies was assessed based on the Cochrane Collaboration's tool for assessing the risk of bias in randomized trials and integrated together with studies that investigated the same subjects. The included studies that examined the improvement of nausea and vomiting in pregnancy, inflammation, metabolic syndromes, digestive function, and colorectal cancer's markers were consistently supported, whereas other expected functions were relatively controversial.

Anti-Oxidative and Anti-Inflammatory Effects of Ginger in Health and Physical Activity: Review of Current Evidence [The anticancer potential of ginger is well documented and its functional ingredients like gingerols, shogaol, and paradols are the valuable ingredients which can prevent various cancers.] Ginger (*Zingiber officinale* Rosc.) belongs to the family Zingiberaceae. The health-promoting perspective of ginger is attributed to its rich phytochemistry. This study aimed to review the current evidence on ginger effects as an anti-inflammatory and anti-oxidative.

Methods:

We searched MEDLINE for related publications using “ginger” and “anti-oxidative” and “ginger” and “anti-inflammatory” as keywords. This search had considered Papers that had been published between 2000 and 2010 without any filter.

Conclusions:

The anticancer potential of ginger is well documented and its functional ingredients like gingerols, shogaol, and paradols are the valuable ingredients which can prevent various cancers. This review concludes to favor ginger but some ambiguities necessitate further research before claiming its efficacy.

Ginger in gastrointestinal disorders: A systematic review of clinical trials Ginger, the rhizome of *Zingiber officinale*, which is used as a spice globally has a long history of medicinal use that stimulates investigators to assess its potential roles as an adjuvant therapy or alternative medicine in a range of diseases. Anti-inflammatory, antioxidant, antitumor, and antiulcer effects of ginger have been proven in many scientific studies, and some of the ancient applications of ginger as a home remedy has been confirmed in human. In this review, we summarized the current

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