



### Natural Treatment for Ginger

“Ginger” – this name reminds a spicy taste and a delightful smile. Now a days, ginger is being used all over of world not only for cooking but for the endless health benefits of ginger and its root. If we hate to eat it, then we can take it in our food. If you’d like to know the benefits of ginger, use at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger in your diet daily.



#### Medicinal Value:

- Ginger root contains anti-inflammatory agents.
- Dried Ginger is a good source of potassium, magnesium, copper, manganese and vitamin B6. The nutrients, including carbohydrates, sugar, soluble and insoluble fiber, sodium, vitamins, minerals, fatty acids, amino acids and more.
- Ginger eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Expert’s credit ginger 1/2s potent compounds called gingerol, which prevents the production of pain-triggering hormones and even induces viability reduction of carcinoma cells.

#### Homemade remedies:

- Ginger root is used today to provide relief for symptoms of motion sickness including sweating, vomiting, dizziness, and nausea. Drinking ginger tea, helps reduce bilious in our body.
- Ginger helps to kill the virus which causes cold, mucus and cough. It is used for good blood circulation and prevents blood cholesterol. It has stimulation and incitement properties. So it stimulates our central nervous system for proper working of heart and breathing for the muscles in our body.
- Ginger is also a good medicine for skin disease such as dry skin, scabies etc. Ginger Tea with brown sugar helps reduce menstrual cramps and its juice helps to prevent stomach pain.
- Food digestion is the most important feature of ginger. So it boosts appetite. And also reduces our stomach related problems. If we drink ginger juice mixed with milk, it will help reduce the stomach related issues. It helps to reduce weight.
- If you are having trouble with big belly, ginger helps release your big belly problem. Every day morning, take 2 or 3 spoon of ginger juice. Add honey and heat it. Then drink it in empty stomach. After that drink half glass of hot water.
- Ginger has a capacity to control blood sugar level. It reduces the high blood sugar level. So take 1 table spoon of ginger juice and small onion juice. Mix it. Drink it weekly once in the morning.
- Weekly once you will drink 50ml of ginger juice with honey, will improve immunity power in your body and also increase your body activities.
- Ginger prevents the cholesterol to add in heap part and also reduce it. So you will get the slim



## Granny Therapy

---

body forever. So take 1 piece of ginger, grind it. Mix with buttermilk. Then drink it often.

- While you drink any juices, add 1 spoon of ginger juice and drink it. If you follow this, you don't worry about your high body weight after your 40s.
- Dried ginger is a good source for all. Dried ginger is better than fresh ginger root. In Tamil medicine dried ginger is called "Mother of medicine". So dried ginger juice is given to small children. Take some pieces of dried ginger. Add 2 pieces of garlic. Grind with hot water and filter its juice. Then drink it.
- Take 1 or 2 pieces of dried ginger and some coconut pieces. Add 3 nos of long pepper and black pepper. Grind it well. Add 1 or 2 glass of water and add palm sugar to taste. Then boil it 5-10 minutes with sim fire. Off the stove, while its look like a soup. Then drink it. If you drink this often, will reduce your mucus and cough problem.

**Side effect:** Ginger and dried ginger does not have any side effects. But high doses may damage the stomach lining and could eventually lead to ulcers. If you suspect an overdose, seek medical attention immediately.

---

Disclaimer: The services offered by the grannytherapy.com are not intended to replace your own doctor's advice or any other medical recommendation. If you have a medical condition, Pregnant or nursing, please consult a health professional. The information provided has not been evaluated by the FDA, and neither is it intended to diagnose, treat, cure or prevent any disease or disorder in any way or form. If you are taking medications, consult with your physician before taking herbal products or supplements that could interact with these medicines. If you are feeling any kind of side effects after using our services kindly consider a health professional immediately.