

GINGER BENEFITS

- Improves blood flow
- Minimizes stomach discomfort
- Relieves Nausea
- Decreases risk of developing Colon Cancer
- Improves Metabolism
- Promotes Respiratory Health
- Lowers Blood Sugar
- Reduces Inflammation
- Treats Colds and Flu
- Improves Cholesterol levels
- Help relieves sore muscles
- Improves brain functions
- Anti-Inflammatory
- Heartburn Relief
- Migraine Relief

