

"Sometimes life knocks you on your ass... get up, get up, get up!!! Happiness is not the absence of problems, it's the ability to deal with them."

- **Steve Maraboli**

This quote seems to really sum up the year many of us have had. It's been rough, but hopefully, blue skies will soon be upon us. No matter how many times we get knocked down, we HAVE to get back up. Only then can we move forward. Sometimes it's easier than others. But regardless of how many times we get knocked down, we MUST keep getting back up. If you need any help or suggestions, please be sure to reach out.

Yours in health,

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Ginger the Great



I LOVE ginger, especially the pickled kind that comes with sushi. In fact, I love it more than the sushi.

Ginger is one of the healthiest and most delicious spices on the planet. It's one of the few "super-foods" actually worthy of the label. It's packed with nutrients and bioactive compounds that have powerful benefits for your body and brain. Its benefits are actually supported by scientific research.

Ginger is a flowering plant that belongs to the Zingiberaceae family. It's closely related to turmeric and cardamon. The part of the stem that's underground and known as rhizome, is what's used as a spice. This is what most people call "ginger root". Here are some amazing facts for you.

Ginger has a long history of use in both traditional and alternative medicine. Most people are familiar with its use to help digestion, reduce nausea and help fight the flu and colds. It has a long history in helping sea sickness. So for those of you planning to go on a cruise, this could be a good alternative to the patch so many people use. It's also effective in relieving pregnancy-related nausea. According to a review of 12 studies of 1,278 pregnant women, 1-1.5 grams of ginger significantly reduced nausea symptoms. Unfortunately, ginger didn't have any effect on vomiting in that study, just nausea.

Ginger May Reduce Muscle Pain and Soreness. Ginger has been shown to be effective against exercise-induced muscle pain. One study showed that consuming 2 grams of ginger per day for 11 days significantly reduced muscle pain in people performing elbow exercises. It doesn't appear to have an immediate effect, but may help reduce the day-to-day increase of muscle pain. This is thought to occur because ginger has anti-inflammatory properties.

Ginger May Lower Blood Sugar Levels and Improve Risk Factors of Heart Disease. This is a new area of research, but ginger may have powerful anti-diabetic properties. In a 2015 study of 41 people with type 2 diabetes, 2 grams of ginger powder per day lowered fasting blood sugar by 12%. It also dramatically reduced the marker for long-term blood sugar levels, leading to a 10% reduction over 12 weeks. This could be great news for diabetics. In addition, the study showed there was also a 28% reduction in the ApoB/ApoA-I ratio, as well as a 23% reduction in markers for oxidized lipoproteins. These two things are both major risk factors for heart disease.

Ginger Can Help Treat Indigestion. The thought is that a delay in emptying the stomach is a big cause of indigestion. Ginger has been shown to speed up stomach emptying in people who tend to have indigestion. For example, after eating soup, ginger reduced the time it took for the stomach to empty from 16 minutes to 12. There was a very small study done on 24 healthy people that showed 1.2 grams of ginger powder before a meal sped up stomach emptying by 50%.

Ginger May Lower Cholesterol Levels. High levels of "bad" cholesterol (LDL) are linked to a higher risk of heart disease. In a 45-day study of 85 individuals with high cholesterol, 3 grams of ginger powder caused a large drop in most cholesterol markers. This is also supported by a study in hypothyroid rats. In this study, ginger extract lowered LDL levels equal to the cholesterol-lowering drug atorvastatin. I don't know about you, but if I had high cholesterol, I'd rather eat ginger than take a prescription that will most likely give me other side effects. Both of these studies also showed reductions in total cholesterol and triglyceride levels.

Ginger Contains a Substance That May Help Prevent Cancer. Many people are impacted by cancer and as you may (or may not) know, it's caused by an uncontrolled growth of abnormal cells. Ginger extract has been studied as an alternative treatment for several forms of cancer. The anti-cancer properties are attributed to 6-gingerol, a substance found in large amounts in raw ginger. There is some limited evidence that ginger may be effective against pancreatic, breast and ovarian cancers, but certainly, more research is needed.

Ginger May Improve Brain Function and Protect Against Alzheimer's Disease. Oxidative stress and inflammation can accelerate aging and cause many different illnesses, including Alzheimer's disease and age-related cognitive decline. Some animal studies have shown that the antioxidants and bioactive compounds in ginger can inhibit inflammation in the brain. In a study of 60 middle-aged women, ginger extract was shown to improve reaction time and working memory. There are also numerous studies in animals showing that ginger can protect against age-related brain function decline. This is great news, but more research needs to be done.

An Active Ingredient in Ginger Can Help Fight Infections. Gingerol is a bioactive substance in fresh ginger that can help lower the risk of infection. Ginger extract can actually inhibit the growth of many different types of bacteria. It's been shown to be very effective against the oral bacteria like gingivitis and periodontitis. Fresh ginger may also be effective against the RSV virus, a common cause of respiratory infections in children.

Overall, ginger is certainly worthy of consideration to be added to your daily diet. I frequently cook with it, adding it to soups, marinades and dressings. You can even add it to a smoothie. The benefits we'll get from ginger further demonstrates that Mother Nature ultimately provides us with better treatments than we could ever get from big pharma.

Have a wonderful month!