

GINGER: Common Spice & Wonder Drug

*As well as tasting great,
Ginger has a host of
healing properties*



Over millennia, millions of people have enjoyed the benefits of ginger. For spiritual upliftment, digestive comfort and strength, stimulation and relief from infirmity, ginger has been heralded as the herb of choice and has been included in most traditional Eastern formulas.

Over a period of 5,000 years, ginger traveled from Southeast Asia to the New World. Considered a treasure by some of the great figures of history, its ancient trade helped shape nations and insure its worldwide cultivation. Ginger offers a variety of therapeutic effects which no modern drug can rival. Unfortunately, due to a monopolistic healthcare system and a historically biased regulatory environment, full awareness of ginger's value has been limited.

Ginger is a remarkably safe herb. No modern pharmaceutical can compete with its range of therapeutic properties and absence of adverse side effects. The observed effects of ginger are the result of the interactions of more than 400 constituents which can be broken down into four major classes: taste, fragrance, nutrients and synergists. While most of the therapeutic focus is on the pungent taste compounds, called gingerols and shogaols, ginger's protein-digesting enzyme and antioxidant are also key elements.

Ginger, the bioavailability herb, assists the digestion of other nutrients and is a recommended addition to natural supplement regimes. The antinau-

sea effect of ginger is well documented. From nausea resulting from chemotherapy and ocean travel to pregnancy and gynecological surgery, ginger is the natural treatment of choice.

Ginger is also a potentially powerful anti-ulcer treatment rivaling three of the nation's most popular drugs which account for \$2.8 billion in sales annually. The antiulcer effect of ginger is complemented by a host of other important digestive values which include relief of both diarrhea and constipation, liver protection, and probiotic support.

Ginger is also a preventive treatment for critical cardiovascular disorders. Like aspirin, it holds the potential to prevent thousands of deaths from heart attacks and strokes as well as colon cancer. But unlike aspirin, it will have no side effects.

Ginger has been shown to affect positively parameters of health such as cholesterol and blood sugar and balance numerous body systems including the circulatory, respiratory and reproductive systems. Ginger also exhibits a wide range of antiparasitic activities.

The historic observation that ginger is a cold remedy is a result of a combination of principal actions including eicosanoid balance, probiotic support, antitoxic and cytoprotective influences.

Ginger possesses a significant antimutagenic potential against such pow-

erful carcinogens as benzo(a)pyrene and the most toxic burned byproducts of the amino acid tryptophan. Research also warrants further investigation into ginger's anticancer properties and its role in a cancer-treatment program.

Both fresh and dry ginger are recommended forms for supplementation. There will be different properties gained from each. Ginger is commercially available in many forms including fresh, dried, syrup, capsules and extract. (Note: Care and moderation should be exercised when using ginger during pregnancy and before surgery. Up to 1 gram daily of the powdered herb should be a safe preventive dosage for the general population.)

With a health-care system that is widely recognized as in crisis, natural and traditional remedies offer both a safe and economical potential to save lives and drastically improve the nation's health. **SG**

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Ginger Common Spice And Wonder Drug

Paul Parsons



Ginger Common Spice And Wonder Drug:

Ginger Paul Schlick, 2020-08-25 Not a single modern drug can rival the power of the favorite spice Ginger How could a spice adored worldwide for its lively flavor conceivably revolutionize medicine as we know it today Inspired by Ginger s 5 000 year history Paul Shulick began a revealing investigation that ultimately linked claims of the ancient herbals to the remarkable and extensive findings of international medical research Supported by hundreds of scientific references the reader is lead to discover the extraordinary personal and social benefit of Ginger *Common Spice Or Wonder Drug?* Paul Schulick, 1993 *Vegetarian Times* , 1995-07 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Top 100 Exotic Food Plants** Ernest Small, 2011-08-23 Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures While some of these plants are only encountered in ethnic food markets or during travels to foreign lands many are now finding their way onto supermarket shelves *Top 100 Exotic Food Plants* provides comprehensive coverage of tropical and semi *The Back Pain Chronicles* Paul Parsons, 2005-01-01 *The Back Pain Chronilces* is a back pain sufferer s guide to pain free living Included in the book is a common sense explanation for why it is so many people are plagued with back pain as well as a number of steps that people can take to chase pain out of their lives **The Perricone Promise** Nicholas Perricone, 2007-10-15 Through superfoods nutritional supplements and state of the art topical applications the New York Times bestselling author of *The Wrinkle Cure* presents an astonishing program to reverse the aging process inside and out Two four color inserts *Natural Forms of Defense Against Biological, Chemical and Nuclear Threats* John Brighton, 2007-02-26 The events that took place on September 11th caused Dr John Brighton a naturopathic health consultant to ask himself questions about what role natural forms of healing might have in a scenario involving weapons of mass destruction WMD As he examined the issues and the nature of the threat he felt assured that a naturalistic approach could make a significant contribution in conjunction with that offered by conventional medicine Moreover he felt that to use both would provide a more powerful deterrent than if either were used alone The naturalistic approach would augment the use of drugs by adding 5 extra lines of defense aimed at supporting and strengthening the immune system to deal with such a dire event These lines include A psychological dimension A social dimension A preventative dimension An environmental dimension A specific dimension The whole idea of this holistic strategy is to employ prevention and immune enhancing factors in order to reduce the level of crisis to begin with As a result the dependency on antibiotics there are no effective antivirals and other valuable medical resources can be considerably reduced and most importantly preserved for when they would be needed most Another benefit of integrating these two systems would add what Dr Brighton calls synergistic

complexity as a way to reduce the current crisis of germ resistance to many most potent antibiotics and to provide a holistic approach to all forms of WMD The book clarifies the scope of the threat we face by examining The variety of biological chemical and nuclear threats The factors involved in the creation of WMD The uncanny capacity of microbes to develop resistance to our medications The threat of bioengineering and the creation of superbugs How synergistic complexity could provide a possible solution A chapter is dedicated to focusing on the specific nature and challenges posed by each biological chemical and nuclear agent This includes A description of the agent How it causes harm How it might be used as a weapon and the possibility of it being used How it is detected diagnostically and in the field The conventional method of care and treatment The suggested natural forms of defense including herbs vitamins minerals and other natural substances and healing therapies The book ends with a forward looking chapter on emerging technologies that have promise of increasing our level of defense against WMD A bibliography and a full section on resources are available The Great Physician's RX for a Healthy Heart Jordan S. Rubin,2006 In this study guide Rubin walks readers through seven keys to achieve good daily health habits not only for the disease ridden but also for anyone desiring to live an abundant life of health and wellness

Nature's Best Herbal Remedies James A. Duke,1999 **The Arthritis Miracle** Earl Mindell,Virginia Hopkins,2000 A master herbalist and bestselling author of Earl Mindell s Vitamin Bible now provides insight into the potential of ginger extract in treating arthritis *The Great Physician's Rx for Colds and Flu* Jordan Rubin,Joseph Brasco,2006 Jordan Rubin along with Joseph Brasco MD shows readers how to apply the 7 Keys to Health and Wellness and naturally eliminate colds the flu and sinus infections from their lives **The Active/Creative Child** Stephanie D. Vlahov,2005 A handbook for coping establishing realistic boundaries and avoiding labels when you have a inquisitive child This book provides help for you to support a child s natural curiosity and energy work with your child s energy keep your own ego from interfering with your child s passion avoid over stimulation and choose the best artistic outlets **Botanical Medicine in Clinical Practice** Ronald Ross Watson,Victor R. Preedy,2008 The potential benefits of plants and plant extracts in the treatment and possible prevention of many leading health concerns are historically well known and are becoming more widely studied and recognized within the medical community It is these studies that led to the first compilation of new research developments identifying new extracts and uses for plants in disease prevention and treatment This major comprehensive reference work contains contributions from more than 150 clinical and academic experts covering topics such as treatments of cancer and cardiovascular diseases as well as historical plant use by indigenous people supported by recent scientific studies Authors review the safety and efficacy of botanical treatments while identifying the sources historical supportive data and mechanisms of action for emerging treatments Written by researchers currently carrying out identification and biomedical testing this is the most up to date text on the latest research from all over the world It is an essential resource for health care practitioners and herbalists as well as researcher students and professionals in botany and alternative medicine **Integrative**

Medicine: Principles for Practice Benjamin Kligler, Roberta Anne Lee, 2004-05-11 Offers a systems approach to the field of integrative medicine rather than a review of alternative modalities thus providing content that is immediately applicable to clinical practice

Arthritis Eugene R. Zampieron, Eugene Zampieron, Ellen Kamhi, Burton Goldberg, 2000 Explores the causes of arthritis and the application of reflexology detoxification immunotherapy and supplements

Traditional Medicines from the Earth Richard Scalzo, Michael Cronin, Omar Cruz, 2007 Traditional medicines from the earth provides a compendium of formulations that are effective herbal solutions for health living

The Great Physician's Rx for Irritable Bowel Syndrome Jordan Rubin, 2006 Jordan Rubin along with Joseph Brasco MD shows readers how to apply the 7 Keys to Health and Wellness and naturally fight Irritable Bowel Syndrome a painful and debilitating disease

Vegetarian Times, 1996-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that is exclusively vegetarian but wrapped in a fresh stylish mainstream package that is inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

Eight Weeks to Optimum Health Andrew Weil, 2006 Presents a program for improving and maintaining health illuminating ways to optimize individual healing power covering such areas as diet exercise lifestyle stress environment supplements and other factors that influence health

Complementary and Alternative Medicine Secrets Wendy Kohatsu, 2002 This new reference part of The Secrets Series provides balanced coverage of all current complementary and alternative therapies by leading experts in the field Discusses each CAM modality and the disorders for which it has been proven beneficial what to look for in a practitioner of each field whether there is a best CAM approach supporting evidence and the effectiveness of CAM compared to allopathic approaches

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Table of Contents Ginger Common Spice And Wonder Drug

1. Understanding the eBook Ginger Common Spice And Wonder Drug
 - The Rise of Digital Reading Ginger Common Spice And Wonder Drug
 - Advantages of eBooks Over Traditional Books
2. Identifying Ginger Common Spice And Wonder Drug
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ginger Common Spice And Wonder Drug
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ginger Common Spice And Wonder Drug
 - Personalized Recommendations
 - Ginger Common Spice And Wonder Drug User Reviews and Ratings
 - Ginger Common Spice And Wonder Drug and Bestseller Lists

5. Accessing Ginger Common Spice And Wonder Drug Free and Paid eBooks
 - Ginger Common Spice And Wonder Drug Public Domain eBooks
 - Ginger Common Spice And Wonder Drug eBook Subscription Services
 - Ginger Common Spice And Wonder Drug Budget-Friendly Options
6. Navigating Ginger Common Spice And Wonder Drug eBook Formats
 - ePub, PDF, MOBI, and More
 - Ginger Common Spice And Wonder Drug Compatibility with Devices
 - Ginger Common Spice And Wonder Drug Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ginger Common Spice And Wonder Drug
 - Highlighting and Note-Taking Ginger Common Spice And Wonder Drug
 - Interactive Elements Ginger Common Spice And Wonder Drug
8. Staying Engaged with Ginger Common Spice And Wonder Drug
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ginger Common Spice And Wonder Drug
9. Balancing eBooks and Physical Books Ginger Common Spice And Wonder Drug
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ginger Common Spice And Wonder Drug
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Ginger Common Spice And Wonder Drug
 - Setting Reading Goals Ginger Common Spice And Wonder Drug
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Ginger Common Spice And Wonder Drug
 - Fact-Checking eBook Content of Ginger Common Spice And Wonder Drug
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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