

GINGER & FOOD POISONING

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Ginger was originally cultivated in South-East Asia and exported to ancient Rome from India. Made from the rhizome of the *Zingiber officinale* plant, it has been used in Indian and Arabic cultures and traditional Chinese medicines for over 2,500 years.

Ginger is one of the main spices used in curries. Its volatile oils, such as *gingerols*, are responsible for its strong taste.

Ginger is widely used as remedy for nausea, motion sickness, indigestion, IBS, bloating, and flatulence, to name a few. Ginger makes swallowing easier by stimulating saliva production and benefits digestion. Ginger is a powerful free radical scavenger/antioxidant.

Its active antiseptic ingredients, terpenes and ginger oil, warm the body, promote perspiration, cleanse the lymph, and stimulate the circulation. It also enhances the body's use of serotonin. With its anti-inflammatory properties ginger increases circulation, lowers cholesterol, and thins the blood in much the same way as does garlic.

New research indicates that ginger even fuels apoptosis (death of cancer cells). Fresh ginger's strong antibacterial properties makes it the most effective natural remedy for food poisoning. In most cases, it will rid the body of food poisoning symptoms in approximately 30 min.

DIRECTIONS:

Peel the skin off a piece of fresh ginger.

Slice the peeled Ginger into 5-6 smaller pieces and place them into a cup.

Add boiling water and steep for a few minutes to make a tea.

Drink the tea & then eat the RAW Ginger.

If discomfort persists, consult with your health practitioner and repeat this remedy twice a day until completely well.

Consume ginger tea on a regular basis, and add **fresh ginger** to:

- . rice dishes
- . baked, broiled, sautéed, or steamed morsels of beef, chicken, duck, or liver
- . steamed, sliced carrots