



ginger spice

Ginger, in its different forms, is a tasty delicacy, but it also conveys health benefits. Ginger enhances the immune system and research among Indonesian males suggests it can help prevent the common cold. The participants took ginger daily for a month in the form of "tea."



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Natural plant chemicals in ginger, such as gingerols, have been identified as the bioactive ingredients.

You can make ginger tea by scraping the peel off a knob of ginger, grating it finely into a teapot, and pouring boiling water over it. Let it stand for about five minutes to infuse.

People in Indonesia use ginger tea when they feel run down. I like to add Manuka honey, which also possesses antibacterial properties, rendering further advantage.

benefits

Extracts of powdered root ginger have also been shown to help with the nausea and vomiting resulting from morning sickness, motion sickness, chemotherapy and following surgery. One study has found ginger to be as effective as the drug used to control nausea and vomiting after gynaecological surgery! Another found that ginger extract helps knee pain

symptoms improve in people with osteoarthritis.

Ginger in combination with other spices may have even more powerful health effects. For example, mixes such as ginger, garlic and onion—used in Indian cookery—has a stronger antioxidant effect than would be predicted.

ginger products

There are many ways to add ginger to your diet. My favourite is to use the fresh root, thinly sliced, in stir-frys and curries. You can also purchase it in bottles or bags—pickled, crystallised, glacé or diced for either savoury or sweets. Ginger conserves, marmalades, toppings and even ginger-flavoured cordials are some of the ways other than cooking in which it can be used.

And unlike some other culinary innovations, ginger has not been linked with any safety concerns when used in cooking at usual food doses.

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