

Ginger is Definitely Your Friend When It Comes to Health Matters

By: P. Simard, Natural News

Ginger, botanically known as *zingiber officinale*, is native to South East Asia and it is quite appreciated for the aromatic and pungent flavor it adds to meals. The ginger rhizome is covered with a brownish skin and its flesh varies between yellow, white and red colors, depending on the kind.

There are many health benefits associated to ginger that have been reported through time. It has been utilized to treat conditions or illnesses such as irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, bloating, heartburn, flatulence, indigestion and gastrointestinal problems such as gas and stomach cramps. Over the next few paragraphs, we'll focus on specific research showing ginger's innate potential in regards to diabetes, nausea during pregnancy, prostate health and arthritis.

Ginger helps in maintaining proper blood sugar levels

A study conducted at the *University of Sydney* showed that ginger, or more specifically components called *gingerols*, were able to stabilize and maintain proper levels of glucose in the blood by using muscle cells. Normally in type 2 diabetic patients, the ability of skeletal muscle to absorb glucose is notably diminished due to damaged insulin signal transmissions and the ineffectiveness of the *GLUT4* protein. Basil Roufogalis, professor of pharmaceutical chemistry, says the tests showed that the increase of glucose in muscle cells functioned independently of insulin. This could be extremely beneficial in order to keep control of the long lasting, high blood sugar levels which generate problems for diabetics.

Ginger has long been considered quite helpful in reducing symptoms such as dizziness, nausea and vomiting. It definitely has the ability to relieve nausea and vomiting during pregnancy. Based on a report published in the April 2005 issue of *Obstetrics and Gynecology*, tests done on 675 pregnant women confirmed ginger's effectiveness in diminishing the intensity of nausea and vomiting. It's also important to note that ginger presented no side effects or other noticeable ill effects on the outcome of the pregnancy. Contrary to certain drugs which can contribute to serious birth problems, ginger is very safe and only a small quantity is necessary.

Not long ago, a variety of tests at *Georgia State University* revealed that ginger can be an important contributor to help maintain prostate health. Ginger had visible effects against unhealthy prostate cells. Its main compounds were directly involved in the process of cell reproduction, ensuring control of the flawed cells.

Based on a study done at the *University of Miami*, researchers came to the conclusion that ginger may

eventually replace anti-inflammatory drugs such as *NSAIDS*. The trial implicated 247 people suffering from osteoarthritis of the knee and the conducted test compared placebo effects versus the use of a highly concentrated ginger extract. In the end, the ginger extract was 40 percent more efficient with the patients than the placebo.

Sources for this article include :

<http://www.news-medical.net>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=72>