101 AMAZING USES for GINGER

REDUCE MUSCLE PAIN, FIGHT MOTION SICKNESS, HEAL THE COMMON COLD, AND 98 MORE!

By Susan Branson

A 101 AMAZING USES BOOK

101 AMAZING USES *for* GINGER

TO
JEFF

Copyright Â© 2017 by Susan Branson
All rights reserved.

Published by Familius LLC, www.familius.com

Familius books are available at special discounts for bulk purchases, whether for sales promotions or for family or corporate use. For more information, contact Familius Sales at 559-876-2170 or email orders@familius.com.

Reproduction of this book in any manner, in whole or in part,
without written permission of the publisher is prohibited.

DISCLAIMER: The material in this book is for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment. Never disregard professional medical advice or delay in seeking it because of something you have read in this book.

Library of Congress Cataloging-in-Publication Data
2017932168

Print ISBN 9781945547126
Ebook ISBN 9781945547478
Hardcover ISBN 9781945547485

Printed in the United States of America

Edited by Lindsay Sandberg
Cover design by David Miles
Book design by Brooke Jorden and David Miles

10 9 8 7 6 5 4 3 2 1

First Edition

101 AMAZING USES for GINGER

REDUCE MUSCLE PAIN,
FIGHT MOTION SICKNESS,
HEAL THE COMMON COLD,
AND 98 MORE!

Susan Branson

CONTENTS

Introduction

CHAPTER 1: FOR THE SMART FoODIE IN yOU

- Nutritional Boost: Vitamins
- Nutritional Boost: Minerals
- Nutritional Boost: Flavor Notes

CHAPTER 2: FOR THE HEALTH ENTHUSIAST IN YoU

- Managing Disease
- Managing Symptoms
- Managing Well-Being

CHAPTER 3: FOR THE CoSMETICiAN IN YoU

- Beautiful Skin
- Gorgeous Hair
- Stunning Nails

Notes

INTRODUCTiON

WHAT IS THIS KNOBBY ROoT?

Most know ginger as a yellow spice in the baking aisle of the grocery store. Itâ€™s in the same family as turmeric and cardamom, other familiar spices. Bought fresh, it has beige- to brown-colored skin covering knobby, fingerlike projections. These projections are called rhizomes and are the horizontal stems of the plant that are found underground and from which both the upright stem and roots of the plant grow. Underneath the skin is the wonderfully aromatic ivory- to yellow-colored flesh. When cut into, a spicy, lemony, and pungent smell fills the air.

The ginger root shows up in stores all around the world, but it is native to the warmer climates of Asiaâ€"particularly India and Chinaâ€"although Australia, Brazil, Jamaica, West Africa, and parts of the United States now cultivate it. Itâ€™s a perennial, so it comes up every year. It has long, narrow green leaves and green-purple flowers that look somewhat like orchids.

Ginger is teeming with more than one hundred fifteen chemical constituents in the rhizome, with at least fourteen found to be bioactive. The main groups of bioactive compounds are called gingerols and shogaols, and the amount of each of these depends on where the ginger was grown, the commercial processor, and the form it is inâ€"fresh, dried, or processed.

It is the gingerols in particular that give the ginger its pungent flavor and are thought to be responsible for most of the pharmacological actions, which is how ginger can have such a varied and significant impact on our bodies. Ginger is metabolized and readily absorbed after ingestion,[1] meaning that ginger gets broken down into its chemical components so they can be used by our bodies for a number of benefits. It is not surprising, then, to see some of its therapeutic benefits in these areas. Among its most notable actions are its anti-inflammatory, antioxidant, antiemetic (nausea), analgesic (pain), antipyretic (fever), antitussive (cough), and antibiotic properties. This book shows how ginger can be used to treat an incredible assortment of conditions from colds to cancer and how it is effectively used in natural beauty treatments.

WHERE DID IT CoME FRoM?

Having been coveted and cultivated for as long as five thousand years, ginger has stood the test of time. Our ancestors were onto something. Originating in the beautiful jungles of Southern Asia, the people of India and China are thought to be the first to have used ginger to treat their ailments and as a flavoring agent in their food and drinks. Chinese records indicate those who grew acres of ginger enjoyed great wealth, likely using it in trade. Even Confucius was a fan, reportedly never being without it at meals.

Ginger was then brought from India to Ancient Rome over two thousand years ago by Arab traders and used extensively by the Romans for its medicinal properties until the Roman Empire fell. Pedanius Dioscorides, a Greek physician traveling throughout the Roman Empire, would collect local medicinal herbs and record his findings, notes which he later turned into De Materia Medica, a vast reference book on the medicinal properties of over a thousand herbs. He wrote that ginger â€œis right good with meat in sauces, or otherwise in conditures: for it is of an heating and digesting quality; it gently looseth the belly, and is profitable for the stomach, and effectually opposeth itself against all darkness of the light; answering the qualities and effects of pepper.â€ [2] Undoubtedly, ginger was used as a digestive aid, for flavoring, and as a warming agent. The Greeks prized ginger so highly, they mixed it into their breads to create the first gingerbreads.

Unfortunately, with the fall of Rome, ginger was lost in Europe until the eleventh century. Once reintroduced, it quickly gained popularity, surpassed only by black pepper in the fourteenth century. It was so coveted that it became very expensive. One pound of ginger was the equivalent in trade to one sheep. Queen Elizabeth I of England was noted to be especially fond of preserved ginger and had it used in the making of sweets. She is credited with the invention of the gingerbread man, a cookie popular with kids today.

Toward the end of the Middle Ages and the emergence of world travel, ginger made its way to the New World with the Spanish Conquistadores. It reached the rest of the world with Western European explorers and travelers. Soon, everyone was enjoying this magnificent plant.

WHATâ€™S THE BEST WAY To BuY AND SToRE GINGER?

Fresh ginger is easy to find in the produce section of almost all grocery stores. Fresh ginger has the highest amounts of the active component gingerol and will impart superior flavor compared to other forms. Young ginger, or spring ginger, is harvested at five months and is not yet mature. The skin is thin and edible, the rhizomes tender, and the flavor mild. It will have pink tips and be lighter in color than mature ginger. Mature ginger is harvested a few months later and has a tougher skin that must be carefully peeled away before eating. The skin should still be smooth and firm with a light sheen. For a more pungent flavor, this is the way to go. Be careful not to buy too old, though. Fresh ginger loses moisture and becomes woody and stringy as it ages. Stay away from ginger that is wrinkled or moldyâ€"sure indications of decay. Store your fresh ginger unpeeled in the refrigerator for up to three weeks or in the freezer for six months or longer.

Powdered ginger is the dried rhizome that has been ground. It is found in the spice aisle in the grocery store. Crystallized ginger or candied ginger is cooked in sugar syrup, air-dried, and rolled in sugar. Both powdered and crystallized ginger should be kept in a tightly sealed container in a cool, dark, dry placeâ€"like your pantryâ€"for up to two years, although potency can begin to fade after six months.

Pickled ginger is sliced ginger preserved in sweet vinegar and appears either bright red or pink. It was once found only in Asian markets, but it is readily found in many grocery stores today. Store it in the refrigerator in its container for two to three months.

Preserved ginger comes from fresh young roots that are peeled, sliced, and cooked in a sugar-salt mixture. It can be found in Asian and specialty markets. This, too, can be stored in the pantry for up to two years.

Lastly, dried roots are exactly how they sound: whole or sliced ginger dried in the sun, oven, or dehydrator. Store them in a sealed container in the pantry for up to two years.

WHATâ€™S THE BEST WAy To PREPARE AND USE GINGER?

Fresh spring ginger does not require peeling, while mature fresh ginger should be peeled using a knife or vegetable peeler. The ginger can then be sliced, grated, minced, julienned, or purÃ©ed. There are an abundant array of dishes that call for the use of ginger to add flavor and spice. Powdered or ground ginger is used in much the same way as fresh ginger, although the measurements are not equivalent. About one tablespoon of fresh ginger can be substituted for roughly one sixth of a teaspoon of ground ginger. While they can be interchangeable in recipes, fresh ginger tends to be better in savory dishes like stir-fries and soups. Ground ginger works better in baked goods like gingerbread and pumpkin pie or in spiced drinks like ginger tea and ginger ale. Ginger has been used in spiced drinks for a long time. In the nineteenth century, English pubs set out ginger for their patrons to sprinkle into their beer.

Crystallized ginger is not used as a spice in food but rather to add sweetness as well as flavor. It is commonly found in chutneys, preserves, sweets, and glazes. Preserved ginger is also sweeter and most frequently added to desserts. Pickled ginger is eaten on its own to freshen breath or as an accompaniment to sushi and sashimi to cleanse the palate in between pieces.

Ginger supplements are available on the market and are advertised as natural health products that can alleviate nausea, soothe digestion, calm anxiety, and improve sexual and cardiovascular health and emotional and physical well-being. They can be purchased online and in health food stores.

Beauty products abound with ginger as an ingredient. While itâ€™s commonly used as a fragrance in soaps and cosmetics, the real interest is in the effects ginger can have in creating lush, shiny hair, smooth, strong nails, and toned, clear skin.

HOW MuCH SHoULD i USE?

The amount of ginger that can be eaten depends on whether the person is an adult or child. Most studies on ginger have used anywhere from 120 milligrams (a pinch) up to 3 grams (1 2/3 teaspoons) a day. A general recommendation is to not consume more than 4 grams (2 1/5 teaspoons) a day. Itâ€™s important to remember that everything we put in our bodies has an effect, and when it comes to using food for therapeutic purposes, the lowest effective dose is best.

Children under two years of age should not be given ginger. Kids and teenagers can have 1â€"2 grams (1/2â€"1 teaspoon) of ginger a day for nausea, stomach cramps, and headaches. The dosage depends on body weight, so get your doctorâ€™s input in figuring out the childâ€™s correct dose. Pregnant women may also want to seek the advice of their doctor before taking ginger. It is thought to be safe for the developing baby, but medical conditions and drug interactions need to be considered.

IS TAKiNG GINGER SAFE?

The US Food and Drug Administration considers ginger a safe food additive. Most people can tolerate doses under 5 grams (2 3/4 teaspoons) a day, but any more than that can cause stomach pain, heartburn, diarrhea, drowsiness, or sore mouth and throat. If it is put on the skin, especially if it is concentrated essential oil of ginger, it can cause a rash.

If medications are taken, ginger could possibly interfere with the way they work. Every individual is unique, so unexpected reactions may occur in anyone. Anticoagulants and antiplatelet drugs taken with excessive amounts of ginger could increase the risk of bleeding. Diabetes drugs and too much ginger could cause low blood sugar. Calcium channel blockers taken to reduce blood pressure may have an additive effect with ginger and result in blood pressure dipping too low. As always, just have a conversation with your doctor before starting a new supplement and determine if thereâ€™s any possible problem with any medications you are already taking.

CHAPTER 1

FOR THE SMART FOODIE IN YOU

CHAPTER 17

FOR THE HEALTH AUTHORITIES IN YOU

17. ALLERGIES

Allergy is the reaction of your body to the presence of foreign substances. Allergens are substances which cause an allergic reaction. Allergy is a disease which is spreading like fire because of pollution and other factors. Allergy is a disease which is very difficult to cure. Allergy is a disease which is very difficult to cure. Allergy is a disease which is very difficult to cure

CHAPTER 3

FOR THE COSMETICIAN IN YOU

NOTES

1. Zick, S. M., Z. Djuric, and M. T. Ruffin, et al., eds. 2008. â€œPharmacokinetics of [6]-gingerol, [8]-gingerol, [10]-gingerol, and [6]-shogaol and conjugate metabolites in healthy human subjects.â€ Cancer Epidemiology, Biomarkers, & Prevention 17 (8): 1930â€“6.
2. Dioscorides, Pedanius. De Materia Medica. Johannesburg, South Africa: Ibidis Press, 2000.
3. Kawamoto, Y., Y. Ueno, E. Nakahashi, M. Obayashi, K. Sugihara, S. Qiao, M. Iida, M. Y. Kumasaka, I. Yajima, Y. Goto, N. Ohgami, M. Kato, and K. Takeda. 2016. â€œPrevention of allergic rhinitis by ginger and the molecular basis of immunosuppression by 6-gingerol through T cell inactivation.â€ Journal of Nutritional Biochemistry 27 (January): 1124â€“22.
4. Moon, M., H. G. Kim, J. G. Choi, H. Oh, P. K. Lee, S. K. Ha, S. Y. Kim, Y. Park, Y. Huh, and M. S. Oh. 2014. â€œ6-Shogaol, an active constituent of ginger, attenuates neuroinflammation and cognitive deficits in animal models of dementia.â€ Biochemical and Biophysical Research Communities 449 (1): 8â€“13.
5. Ghayur, M. N., A. H. Gilani, and L. J. Janssen. 2008. â€œGinger attenuates acetylcholine-induced contraction and Ca2+ signalling in murine airway smooth muscle cells.â€ Canadian Journal of Physiology and Pharmacology 86 (5): 264â€“71.
6. Townsend, Elizabeth A., Matthew E. Siviski, Yi Zhang, Carrie Xu, Bhupinder Hoonjan, and Charles W. Emala. 2013. â€œEffects of ginger and its constituents on airway smooth muscle relaxation and calcium regulation.â€ American Journal of Respiratory Cell and Molecular Biology 48 (2): 157â€“63.
7. Alizadeh-Navaei, R., F. Roozbeh, M. Saravi, M. Pouramir, F. Jalali, and A. A. Moghadamnia. 2008. â€œInvestigation of the effect of ginger on the lipid levels: a double blind controlled clinical trial.â€ Saudi Medical Journal 29 (9): 1280â€“4.
8. Liu, Rongxia, Elke H. Heiss, Nadine Sider, Andreas Schinkovitz, Barbara GrÃ¶blacher, Dean Guo, Franz Bucar, Rudolf Bauer, Verena M. Dirsch, and Atanas G. Atanasov. 2015. â€œIdentification and characterization of [6]-shogaol from ginger as inhibitor of vascular smooth muscle cell proliferation.â€ Molecular Nutrition & Food Research 59 (5): 843â€“52.
9. Koo, K. L., A. J. Ammit, V. H. Tran, C. C. Duke, and B. D. Roufogalis. 2001. â€œGingerols and related analogues inhibit arachidonic acid-induced human platelet serotonin release and aggregation.â€ Thrombosis Research 103 (5): 387â€“97.
10. Nurjiadin-Tjendronegoro, L., A. J. Ammit, B. D. Roufogalis, V. H. Tran, and C. C. Duke. 2003. â€œEffective anti-platelet and COX-1 enzyme inhibitors from pungent constituents of ginger.â€ Thrombosis Research 111 (4â€“5): 259â€“65.
11. Young, H. Y., J. C. Liao, Y. S. Chang, Y. L. Luo, M. C. Lu, and W. H. Peng. 2006. â€œSynergistic effect of ginger and nifedipine on human platelet aggregation: a study in hypertensive patients and normal volunteers.â€ American Journal of Chinese Medicine 34 (4): 545â€“51.
12. Elkady, A. I., O. A. Abuzinadah, N. A. Baeshen, and T. R. Rahmy. 2012. â€œDifferential control of growth, apoptotic activity, and gene expression in human breast cancer cells by extracts derived from medicinal herbs Zingiber officinale.â€ Journal of Biomedicine and Biotechnology 2012: 614356.
13. Ghayur, â€œGinger attenuates acetylcholine-induced contraction and Ca2+ signalling in murine airway smooth muscle cells.â€
14. Townsend, â€œEffects of ginger and its constituents on airway smooth muscle relaxation and calcium regulation.â€
15. Arvolinsky, Anna. â€œGinger Root Extractâ€™s Potential in Colorectal Cancer Prevention.â€ CancerNetwork.com, October 25, 2011. http://www.cancernetwork.com/colorectal-cancer/ginger-root-extractâ€™s-potential-colorectal-cancer-prevention.
16. Manju, V., and N. Nalini. 2005. â€œChemopreventive efficacy of ginger, a naturally occurring anticarcinogen during the initiation, post-initiation stages of 1, 2 dimethylhydrazine-induced colon cancer.â€ Clinica Chimica Acta 358 (1â€“2): 60â€“7.
17. Pan, M. H., M. C. Hsieh, J. M. Kuo, C. S. Lai, H. Wu, S. Sang, and C. T. Ho. 2008. â€œ[6]-shogaol induces apoptosis in human colorectal carcinoma cells via ROS production, caspase activation, and GADD 153 expression.â€ Molecular Nutrition & Food Research 52 (5): 527â€“37.
18. Brown, A. C., C. Shah, J. Liu, J. T. Pham, J. G. Zhang, and M. R. Jadus. 2009. â€œGingerâ€™s (Zingiber officinale Roscoe) inhibition of rat colonic adenocarcinoma cells proliferation and angiogenesis in vitro.â€ Phytotherapy Research 23 (5): 640â€“5.
19. Mozaffari-Khosravi, H., B. Talaei, B. A. Jalali, A. Najarzadeh, and M. R. Mozayan. 2014. â€œThe effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: a randomized, double-blind, placebo-controlled trial.â€ Complementary Therapies in Medicine 22 (1): 9â€“16.
20. Kadnur, S. V., and R. K. Goyal. 2005. â€œBeneficial effects of Zingiber officinale Roscoe on fructose induced hyperlipidemia and hyperinsulinemia in rats.â€ Indian Journal of Experimental Biology 43 (12): 1161â€“4.
21. Islam, M. S., and H. Choi. 2008. â€œComparative effects of dietary ginger (Zingiber officinale) and garlic (Allium sativum) investigated in a type 2 diabetes model of rats.â€ Journal of Medicinal Food 11 (1): 152â€“9.
22. Ishiguro, K., T. Ando, O. Maeda, N. Ohmiya, Y. Niwa, K. Kadomatsu, and H. Goto. 2007. â€œGinger ingredients reduce viability of gastric cancer cells via distinct mechanisms.â€ Biochemical and Biophysical Research Communications 362 (1): 218â€“23.
23. Alizadeh-Navaei, R., â€œInvestigation of the effect of ginger on the lipid levels.â€
24. Wang, C. C., L. G. Chen, L. T. Lee, and L. L. Yang. 2007. â€œEffects of [6]-gingerol, an antioxidant from ginger, on inducing apoptosis in human leukemic HL-60 cells.â€ In Vivo 17 (6): 641â€“5.
25. Liu, Qun, Yong-Bo Peng, Ping Zhou, Lian-Wen Qi, Mu Zhang, Ning Gao, E-Hu Liu, and Ping Li. 2013. â€œ6-Shogaol induces apoptosis in human leukemia cells through a process involving caspase-mediated cleavage of eIF2a.â€ Molecular Cancer 12: 135.
26. Chen C. Y., T. Z. Liu, Y. W. Liu, et al., eds. 2007. â€œ[6]-shogaol (alkanone from ginger) induces apoptotic cell death of human hepatoma p53 mutant Mahlavusubline via an oxidative stress-mediated caspase-dependent mechanism.â€ Journal of Agricultural and Food Chemistry 55 (3): 948â€“54.
27. Atta, A. H., T. A. Elkoly, S. M. Mouneir, G. Kamel, N. A. Alwabel, and S. Zaher. 2010. â€œHepatoprotective Effect of Methanol Extracts of Zingiber officinale and Cichorium intybus.â€ Indian Journal of Pharmaceutical Science 72 (5): 564â€“70.
28. Sabekar, Anarbossein. 2011. â€œPotential efficacy of ginger as a natural supplement for nonalcoholic fatty liver disease.â€ World Journal of Gastroenterology 17 (2): 271â€“2.
29. Mallikarjuna, K., P. Sahitya Chetan, K. Sathyavelu Reddy, and W. Rajendra. 2008. â€œEthanol toxicity: Rehabilitation of hepatic antioxidant defense system with dietary ginger.â€ Fitoterapia 79 (3): 174â€“8.
30. Wigler, I., I. Grotto, D. Caspi, and M. Yaron. 2003. â€œThe effects of Zintona EC (a ginger extract) on symptomatic gonarthritis.â€ Osteoarthritis Cartilage 11: 783â€“9.
31. Altman, R. D., and K. C. Marcussen. 2001. â€œEffects of ginger extract on knee pain in patients with osteoarthritis.â€ Arthritis & Rheumatology 44: 2531â€“8.
32. Haghighi, M., A. Khalva, T. Tolizat, and S. Jallaei. 2005. â€œComparing the effects of ginger (Zingiber officinale) extract and ibuprofen on patients with osteoarthritis.â€ Archives of Iranian Medicine 8: 267â€“71.
33. Sung, B., A. Murakami, B. O. Oyajobi, and B. B. Aggarwal. 2009. â€œZerumbone abolishes RANKL-induced NF-kappaB activation, inhibits osteoclastogenesis, and suppresses human breast cancer-induced bone loss in athymic nude mice.â€ Cancer Research 69 (4): 1477â€“84.
34. Rhode, J., S. Fogoros, S. Zick, H. Wahl, K. A. Griffith, J. Huang, and J. R. Liu. 2007. â€œGinger inhibits cell growth and modulates angiogenic factors in ovarian cancer cells.â€ BMC Complementary and Alternative Medicine 7: 44.
35. Park, Y. J., J. Wen, S. Bang, S. W. Park, and S. Y. Song. 2006. â€œ[6]-gingerol induces cell cycle arrest and cell death of mutant p53-expressing pancreatic cancer cells.â€ Yonsei Medical Journal 47 (5): 688â€“97.
36. Zhang, S., Q. Liu, Y. Liu, H. Qiao, and Y. Lin. 2012. â€œZerumbone, a Southeast Asian Ginger Sesquiterpene, Induced Apoptosis of Pancreatic Carcinoma Cells through p53 Signaling Pathway.â€ Evidence-Based Complementary and Alternative Medicine 2012: 936030.
37. Kabuto, H., M. Nishizawa, M. Tada, C. Higashio, T. Shishibori, and M. Kohno. 2005. â€œZingerone [4-(4-hydroxy-3-methoxyphenyl)-2-butanone] prevents 6-hydroxydopamine-induced dopamine depression in mouse striatum and increases superoxide scavenging activity in serum.â€ Neurochemical Research 30 (3): 325â€“32.
38. Kanai, P., S. Chagnaik, S. R. Gundala, P. C. Rida, G. Asif, V. Sharma, M. V. Gupta, and R. Aneja. 2012. â€œBenefits of whole ginger extract in prostate cancer.â€ British Journal of Nutrition 107 (4): 473â€“84.
39. Kurapati, Kesava Rao V., Thangavel Samikkannu, Dakshayani B. Kadiyala, Saiyed M. Zaimlabedin, Nimisha Gandhi, Sadhana S. Sathaye, Manohar A. Indap, Nawal Boukli, Jose W. Rodriguez, and Madhavan P. N. Nair. 2012. â€œCombinatorial cytotoxic effects of Curcuma longa and Zingiber officinale on the PC-3M prostate cancer cell line.â€ Journal of Basic Clinical Physiology and Pharmacology 23 (4): 139â€“146.
40. Ur, O., O. F. Karatas, E. Mete, R. Bayrak, O. Bayrak, A. F. Atmaca, O. Atis, M. E. Yildirim, and A. Akcay. 2009. â€œThe effect of dietary ginger (Zingiber officinalis Rosc) on renal ischemia/reperfusion injury in rat kidneys.â€ Renal Failure 31 (4): 258â€“160.
41. M. F. Mahmoud, A. A. Diasi, and F. Ahmed. 2012. â€œEvaluation of the efficacy of ginger, Arabic gum, and Boswellia in acute and chronic renal failure.â€ Renal Failure 34 (1): 73â€“82.
42. Srivastava, K. C., and T. Mustafa. 1992. â€œGinger (Zingiber officinale) in rheumatism and musculoskeletal disorders.â€ Medical Hypotheses 39 (4): 342â€“8.
43. Tripathi, S., K. G. Maier, D. Bruch, and D. S. Kittur. 2007. â€œEffect of [6]-gingerol on pro-inflammatory cytokine production and costimulatory molecule expression in murine peritoneal macrophages.â€ Journal of Surgical Research 138 (2): 209â€“13.
44. Nigam, N., K. Bhui, S. Prasad, J. George, and Y. Shukla. 2009. â€œ[6]-gingerol induces reactive oxygen species regulated mitochondrial cell death pathway in humanepidermoid carcinoma A431 cells.â€ Chemico-Biological Interactions 181: 77â€“84.
45. Chung, W. Y., J. Y. Jung, Y. J. Surh, S. S. Lee, and K. K. Park. 2001. â€œAntioxidative and antitumor promoting effects of [6]-paradol and its homologs.â€ Mutation Research 496 (1â€“2): 199â€“206.
46. El-Abhar, H. S., L. N. Hammad, and H. S. Gawad. 2008. â€œModulating effect of ginger extract on rats with ulcerative colitis.â€ Journal of Ethnopharmacology 118 (3): 367â€“72.
47. Uz Zaman, Sameer, Mrutyunjay M. Mirje, and S. Ramabhimaiah. 2014. â€œEvaluation of the anti-ulcerogenic effect of Zingiber officinale (Ginger) root in rats.â€ International Journal of Current Microbiology and Applied Sciences 3 (1): 347â€“54.
48. Nanjundaiah, Siddaraju M., Harish Nayaka Mysore Annaiah, and Shylaja M. Dharmesh. 2011. â€œGastroprotective Effect of Ginger Rhizome (Zingiber officinale) Extract Role of Gallic Acid and Cinnamic Acid in H+, K+-ATPase/H. pylori Inhibition and Anti-Oxidative Mechanism.â€ Evidence-Based Complementary and Alternative Medicine 2011 (2): 249457.
49. Bera, K., G. Nosalova, V. Sivova, and B. Ray. 2016. â€œStructural Elements and Cough Suppressing Activity of Polysaccharides from Zingiber officinale Rhizome.â€ Phytotherapy Research 30 (1): 105â€“11.
50. Wu, K. L., C. K. Rayner, S. K. Chuah, et al., eds. 2008. â€œEffects of ginger on gastric emptying and motility in healthy humans.â€ European Journal of Gastroenterology and Hepatology 20 (5): 436â€“40.
51. Yamahara, J., Q. R. Huang, Y. H. Li, L. Xu, and H. Fujimura. 1990. â€œGastrointestinal motility enhancing effect of ginger and its active constituents.â€ Chemical and Pharmaceutical Bulletin 38 (2): 430â€“1.
52. Gupta, Y. K., and M. Sharma. 2001. â€œReversal of pyrogallol-induced delay in gastric emptying in rats by ginger (Zingiber officinale).â€ Methods and Findings in Experimental and Clinical Pharmacology 23 (9): 501â€“3.
53. Bera, â€œStructural Elements and Cough Suppressing Activity of Polysaccharides from Zingiber officinale Rhizome.â€
54. Deng, X. Y., J. S. Xue, H. Y. Li, Z. Q. Ma, Q. Fu, R. Qu, and S. P. Ma. 2015. â€œGeraniol produces antidepressant-like effects in a chronic unpredictable mild stress mice model.â€ Physiology & Behavior 152 (Pt A): 264â€“71.
55. Martinez, D. M., A. Barcelos, A. M. Casaril, L. Savegnago, and E. J. LernardÃ£o. 2014. â€œAntidepressant-like activity of dehydrozingerone: involvement of the serotonergic and noradrenergic systems.â€ Pharmacology Biochemistry and Behavior 127: 111â€“17.
56. Wang, X., W. Jia, A. Zhao, and X. Wang. 2006. â€œAnti-influenza agents from plants and traditional Chinese medicine.â€ Phytotherapy Research 20 (5): 335â€“41.
57. Dyab, A. K., D. A. Yones, Z. Z. Ibraheim, and T. M. Hassan. 2016. â€œAnti-giardial therapeutic potential of dichloromethane extracts of Zingiber officinale and Curcuma longa in vitro and in vivo.â€ Parasitology Research 115 (7): 2637â€“45.
58. Suekawa, M., A. Ishige, K. Yuasa, K. Sudo, M. Aburada, and E. Hosoya. 1984. â€œPharmacological studies on ginger. I. Pharmacological actions of pungent constituents, (6)-gingerol and (6)-shogaol.â€ Journal of Pharmacobiodynamics 7 (11): 836â€“48.
59. Wu, â€œEffects of ginger on gastric emptying and motility in healthy humans.â€
60. Mahyari, S., B. Mahyari, S. A. Emami, B. Malaekeh-Nikouei, S. P. Jahanbakhsh, A. Sahebkar, and A. H. Mohammadpour. 2016. â€œEvaluation of the efficacy of a polyherbal mouthwash containing Zingiber officinale, Rosmarinus officinalis and Calendula officinalis extracts in patients with gingivitis: A randomized double-blind placebo-controlled trial.â€ Complementary Therapies in Clinical Practice 22: 93â€“8.
61. Maghbooli, M., F. Golipour, A. Moghaisi Esfahabadi, and M. Yousefi. 2014. â€œComparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine.â€ Phytotherapy Research 28 (3): 412â€“5.
62. Cady, R. K., J. Goldstein, R. Nett, R. Mitchell, M. E. Beach, and R. Browning. 2011. â€œA double-blind placebo-controlled study of sublingual feverfew and ginger (LipiGesic™ M) in the treatment of migraine.â€ Headache 51 (7): 1078â€“86.
63. Siddaraju, M. N., and S. M. Dharmesh. 2007. â€œInhibition of gastric H+, K+- ATPase and Helicobacter pylori growth by phenolic antioxidants of Zingiber officinale.â€ Molecular Nutrition & Food Research 51 (3): 324â€“32.
64. Drozdov, V. N., V. A. Kim, E. V. Tkachenko, and G. G. Varvanina. 2012. â€œInfluence of a specific ginger combination on gastropathy conditions in patients with osteoarthritis of the knee or hip.â€ Journal of Alternative and Complementary Medicine 18 (6): 583â€“8.
65. Yamahara, J., M. Mochizuki, H. Q. Rong, H. Matsuda, and H. Fujimura. 1988. â€œThe anti-ulcer effect in rats of ginger constituents.â€ Journal of Ethnopharmacology 23 (2â€“3): 299â€“304.
66. Ghayur, M. N., and A. H. Gilani. 2005. â€œPharmacological basis for the medicinal use of ginger in gastrointestinal disorders.â€ Digestive Diseases and Sciences 50 (10): 1889â€“97.
67. Yamahara, â€œGastrointestinal motility enhancing effect of ginger and its active constituents.â€
68. Gupta, â€œReversal of pyrogallol-induced delay in gastric emptying in rats by ginger (Zingiber officinale).â€
69. Hu, M. L., C. K. Rayner, K. L. Wu, S. K. Chuah, W. C. Tai, Y. P. Chou, Y. C. Chiu, K. W. Chiu, and T. H. Hu. 2011. â€œEffect of ginger on gastric motility and symptoms of functional dyspepsia.â€ World Journal of Gastroenterology 17 (1): 105â€“10.
70. Salih, A. S. 2013. â€œTreatment of irritable bowel syndrome using a selected herbal combination of Iraqi folk medicines.â€ Journal of Ethnopharmacology 148 (3): 1008â€“12.
71. Ghayur, â€œGinger attenuates acetylcholine-induced contraction and Ca2+ signalling in murine airway smooth muscle cells.â€
72. Wu, â€œEffects of ginger on gastric emptying and motility in healthy humans.â€
73. Gupta, â€œReversal of pyrogallol-induced delay in gastric emptying in rats by ginger.â€
74. Lamxay, Vichith, Hugo J. de Boer, and Lars BjÃ¶rk. 2011. â€œTraditions and plant use during pregnancy, childbirth and postpartum recovery by the Kry ethnic group in Lao PDR.â€ Journal of Ethnobiology and Ethnomedicine 7: 14.
75. Chaiyakunapruk, N., C. E. Heckler, J. A. Roscoe, S. R. Dakhil, J. Kirshner, P. J. Flynn, J. T. Hickok, and G. R. Morrow. 2012. â€œGinger (Zingiber officinale) reduces acute chemotherapy-induced nausea: a URCC CCOP study of 576 patients.â€ Supportive Care in Cancer 20 (7): 1479â€“89.
76. Pillai, A. K., K. K. Sharma, Y. K. Gupta, and S. Bakhshi. 2011. â€œAntiemetic effect of ginger powder versus placebo as an add-on therapy in children and young adults receiving high emetogenic chemotherapy.â€ Pediatric Blood & Cancer 56 (2): 234â€“8.
77. Dabaghzadeh, F., H. Khalili, S. Dashti-Khavidaki, L. Abbasian, and A. Moeinifard. 2014. â€œGinger for prevention of antiretroviral-induced nausea and vomiting: a randomized clinical trial.â€ Expert Opinion on Drug Safety 13 (7): 859â€“66.
78. Pongrojpaw, D., and C. Chamchanya. 2007. â€œThe efficacy of ginger in prevention of post-operative nausea and vomiting after outpatient gynecological laparoscopy.â€ Journal of the Medical Association of Thailand 86 (3): 244â€“50.
79. Nanthakomon, T., and D. Pongrojpaw. 2006. â€œThe efficacy of ginger in prevention of postoperative nausea and vomiting after major gynecologic surgery.â€ Journal of the Medical Association of Thailand 89 (Suppl. 4): S1304â€“6.
80. Chaiyakunapruk, N., N. Kitkumnuboon, S. Nathisuwan, K. Leeprakobboon, and C. Leelasettagool. 2006. â€œThe efficacy of ginger for the prevention of postoperative nausea and vomiting: a meta-analysis.â€ American Journal of Obstetrics & Gynecology 194 (1): 95â€“9.
81. Geiger, J. 2005. â€œThe essential oil of ginger, Zingiber officinale, and anaesthesia.â€ International Journal of Aromatherapy 15 (1): 7â€“14.
82. Jagetia, G. C., M. S. Baliga, P. Venkatesh, and J. N. Ulloor. 2003. â€œInfluence of ginger rhizome (Zingiber officinale Rosc) on survival, glutathione and lipid peroxidation in mice after whole-body exposure to gamma radiation.â€ Radiation Research 160 (5): 584â€“92.
83. Kim, J. K., Y. Kim, K. M. Na, Y. J. Surh, and T. Y. Kim. 2007. â€œ[6]-gingerol prevents UVB-induced ROS production and COX-2 expression in vitro and in vivo.â€ Free Radical Research 41 (5): 603â€“14.
84. Hursel, R., and M. S. Westerterp-Plantenga. 2010. â€œThermogenic ingredients and body weight regulation. International Journal of Obesity 34 (4): 659â€“69.
85. Mansour, Muhammad S., Yu-Ming Ni, Amy L. Roberts, Michael Kelleman, Arindam Roychoudhury, and Marie-Pierre St-Onge. 2012. â€œGinger consumption enhances the thermic effect of food and promotes feelings of satiety without affecting metabolic and hormonal parameters in overweight men: a pilot study.â€ Metabolism 61 (10): 1347â€“52.
86. Eldershaw, T. P., E. Q. Colquhoun, K. A. Dora, Z. C. Peng, and M. G. Clark. 1992. â€œPungent principles of ginger (Zingiber officinale) are thermogenic in the perfused rat hind limb.â€ International Journal of Obesity and Related Metabolic Disorders 16 (10): 755â€“63.
87. Saenghong, N., J. Wattanathorn, S. Muchimapura, T. Tongun, N. Piyavhatkul, C. Banchonglikitkul, and T. Kajsongkram. 2012. â€œZingiber Officinale Improves Cognitive Function of the Middle-Aged Healthy Women.â€ Evidence-Based Complementary and Alternative Medicine 2012: 383062.
88. Iwasaki, â€œAn nonpungent component of steamed ginger-[10]-shogaol-increases adrenaline secretion via the activation of TRPV1.â€
89. Hursel, â€œThermogenic ingredients and body weight regulation.â€
90. Mansour, â€œGinger consumption enhances the thermic effect of food and promotes feelings of satiety without affecting metabolic and hormonal parameters in overweight men.â€
91. Martinez, â€œAntidepressant-like activity of dehydrozingerone.â€
92. Wu, â€œEffects of ginger on gastric emptying and motility in healthy humans.â€
93. Yamahara, â€œGastrointestinal motility enhancing effect of ginger and its active constituents.â€
94. Gupta, â€œReversal of pyrogallol-induced delay in gastric emptying in rats by ginger (Zingiber officinale).â€
95. Black, â€œGinger (Zingiber officinale) reduces muscle pain caused by eccentric exercise.â€
96. Atashaka, Sirvan, Maghsoud Peerib, Mohammad Ali Azarbayjanib, and Stephen R. Stannard. 2014. â€œEffects of ginger (Zingiber officinale Roscoe) supplementation and resistance training on some blood oxidative stress markers in obese men.â€ Journal of Exercise Science & Fitness 12 (1): 26â€“30.
97. Hursel, â€œThermogenic ingredients and body weight regulation.â€
98. Martinez, â€œAntidepressant-like activity of dehydrozingerone.â€
99. Bhagavathula, Narasimharao, Roscoe L. Warner, Marissa DaSilva, Shannon D. McClintock, Adam Barron, Muhammad N. Aslam, Kent J. Johnson, and James Varani. 2009. â€œAn combination of curcumin and ginger extract improves abrasion wound healing in corticosteroid-damaged hairless rat skin.â€ Wound Repair and Regeneration 17 (3): 360.
100. Ibid.
101. Haghighi, â€œComparing the effects of ginger (Zingiber officinale) extract and ibuprofen on patients with osteoarthritis.â€
102. Leelapornpisid, P., R. R. Wickett, S. Chansakaow, and N. Wongwattanarukul. 2015. â€œEvaluation of Thai aromatic plant extracts in antiwrinkle body creams.â€ Journal of Cosmetic Science 66 (4): 219â€“31.
103. Ibid.
104. Haghighi, â€œComparing the effects of ginger (Zingiber officinale) extract and ibuprofen on patients with osteoarthritis.â€
105. Lee, Marcia Carneiro. Lilian Eiko Maekawa, Luciane Dias de Oliveira, Antonio Olavo Cardoso Jorge, Ã³sirka Shygei, and ClÃ¡udio Antonio Talge Carvalho. 2013. â€œin vitro antimicrobial activity of auxiliary chemical substances and natural extracts on Candida albicans and Enterococcus faecalis in root canals.â€ Journal of Applied Oral Science 21 (2): 118â€“23.
106. Maekawa, Lilian Eiko, Marcia Carneiro Valera, Luciane Dias de Oliveira, ClÃ¡udio Antonio Talge Carvalho, Carlos Henrique Ribeiro Camargo, and Antonio Olavo Cardoso Jorge. 2013. â€œEffect of Zingiber officinale and propolis on microorganisms and endotoxins in root canals.â€ Journal of Applied Oral Science 21 (1): 25â€“31.
107. Ibid.

ABoUT THE AUTHoR

SUSAN BRANSoN earned an undergraduate degree in biology from St. Francis Xavier University, then a MSc in toxicology from the University of Ottawa. From there, she worked in research: in the field, in the lab, as a writer, and as an administrator. She took time off and stayed at home after her second child was born. In addition to being a stay-at-home mom, she also took violin lessons, photography courses, earned a diploma in writing, and ultimately became a holistic nutritionist. Susan is a member of CSNNâ€™s Alumni Association, Canadaâ€™s leading holistic nutrition school.

ABoUT FAMiLIUS

VISiT OUR WEBSITE: WWW.FAMILIuS.COM

JOIN oUR FAMiLY

There are lots of ways to connect with us! Subscribe to our newsletters at www.familius.com to receive uplifting daily inspiration, essays from our Pater Familius, a free ebook every month, and the first word on special discounts and Familius news.

GET BuLK DISCOuNTS

If you feel a few friends and family might benefit from what youâ€™ve read, let us know and weâ€™ll be happy to provide you with quantity discounts. Simply email us at orders@familius.com.

CONNECT

Facebook: www.facebook.com/paterfamilius
Twitter: @familiustalk, @paterfamilius1
Pinterest: www.pinterest.com/familius
Instagram: @familiustalk

THE MoST iMPORTANT
WoRK YOu
EVER DO WiLL BE
WITHIN THE
WALLS OF YOuR oWN
HOME.

FAMILIUS

RELIEVE CONGESTION.
ALLEVIATE SWIMMER'S EAR.
REMOVE A SUNTAN.

WITH GINGER.

Hippocrates said, "Let food by thy medicine and medicine be thy food." Ginger's vibrant flavor is familiar to most, but did you know this knobby root can be a source of healing, nutrients, and beauty? From fighting cancer cells to taming split ends, managing nausea to preventing hypothermia, ginger's uses are incredibly diverse. Backed by the latest research, holistic nutritional consultant Susan Branson provides 101 useful—and unexpected—reasons to add ginger to your diet and daily life.

ISBN 978-1-945547-12-6
51299
9 781945 547126

FAMILIUS

HELPING FAMILIES BE HAPPY
Visit us at www.familius.com for books, articles, and videos to help your family be happy.

$12.99 US
Wellness