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What Happens To Your Body When You Eat Ginger Everyday

<https://www.youtube.com/watch/bWj4ImKTjgQ>

00:00:00.000 all right

00:00:00.590 [Music]

00:00:05.540 what happens to your body when you eat

00:00:08.160 ginger every day

00:00:10.320 Ginger is a spice that has been used for

00:00:12.960 over 4 000 years it's a very powerful

00:00:15.960 herb that helps to treat or prevent many

00:00:18.180 types of diseases this popular spice was

00:00:21.359 originally found in both Indian Cuisine

00:00:23.460 and traditional Chinese medicine the

00:00:26.340 distinctive taste of ginger is produced

00:00:28.260 by its active ingredient gingerol which

00:00:31.140 shows antibacterial and antioxidant

00:00:33.660 properties in addition to affecting your

00:00:36.239 taste buds Ginger affects numerous other

00:00:38.579 bodily functions here are a few notable

00:00:41.160 health benefits of eating ginger before

00:00:43.800 we proceed please note that everything

00:00:45.660 mentioned in this video is unbiased fact

00:00:48.539 checked and reviewed by qualified health

00:00:50.579 professionals with that said let's jump

00:00:53.340 in and talk about the nine benefits of

00:00:55.320 ginger

00:00:56.699 number one eases nausea ginger has

00:01:00.120 traditionally been used in Chinese

00:01:01.500 medicine as a medication to prevent

00:01:03.420 vomiting and as a digestive Aid it's

00:01:06.840 believed that Ginger helps alleviate

00:01:08.820 nausea by stimulating the production of

00:01:10.860 saliva and gastric juices in the stomach

00:01:13.320 which helps digest food more efficiently

00:01:16.439 the herb may also act as an

00:01:18.860 anti-spasmodic agent which is a

00:01:21.299 substance that controls muscle spasms

00:01:23.520 this may help relax smooth muscles

00:01:25.680 within the digestive tract

00:01:27.600 Ginger contains compounds called

00:01:29.820 gingerols show Galls zingerons and other

00:01:33.479 aromatic oils that are thought to be

00:01:35.520 responsible for their anti-nausea

00:01:37.500 properties this spice has also been

00:01:40.200 found to have anti-inflammatory effects

00:01:42.299 in the gastrointestinal tract which may

00:01:45.060 be another reason why it can help with

00:01:46.979 nausea to get rid of nausea try drinking
00:01:50.220 ginger tea ginger tea can be prepared by
00:01:53.340 adding one teaspoon of grated fresh
00:01:55.380 ginger root to one cup of boiling water
00:01:57.600 let it cool for 10 minutes before
00:01:59.880 drinking you can drink this remedy two
00:02:02.640 or three times a day when experiencing
00:02:04.560 mild nausea or vomiting associated with
00:02:07.380 pregnancy or motion sickness If you
00:02:10.080 experience severe nausea or vomiting see
00:02:12.239 your doctor immediately they can
00:02:14.160 recommend the best treatment option for
00:02:15.900 your situation
00:02:17.160 number two boosts the immune system
00:02:20.580 adding Ginger to your diet can help
00:02:22.680 boost the immune system by increasing
00:02:24.420 circulation throughout the body which
00:02:26.340 helps your body fight off infections
00:02:28.140 Ginger contains various compounds such
00:02:31.020 as gingerol and shogol which have been
00:02:33.540 shown to stimulate the body's production
00:02:35.160 of natural killer cells these cells are
00:02:38.459 very important elements of your immune
00:02:40.140 system gingerol has been found to
00:02:42.480 increase the activity of white blood
00:02:44.220 cells which are necessary for fighting
00:02:46.379 infection this compound also increases
00:02:49.140 the production of macrophages which
00:02:51.420 eliminate foreign and harmful substances
00:02:53.459 from the body
00:02:54.780 this helps ward off bacteria viruses and
00:02:58.200 other Invaders that could cause illness
00:03:00.120 or disease researchers also showed that
00:03:03.599 shogol can prevent certain types of
00:03:05.640 cells from dying when exposed to viruses
00:03:08.220 such as influenza A and rhinoviruses
00:03:11.159 which cause colds number three helps
00:03:14.400 ease migraines ginger has been used as a
00:03:17.700 home remedy for migraines for centuries
00:03:19.920 it's believed to work by inhibiting
00:03:22.319 inflammatory enzymes in the body that
00:03:24.720 are thought to play a role in migraines
00:03:26.400 in addition it may help relax muscles
00:03:29.220 and reduce swelling in blood vessels
00:03:30.840 which can ease the pain
00:03:32.640 to get the most benefit from Ginger you
00:03:34.920 should try eating it raw or dried or
00:03:37.260 adding it to your favorite recipes you

00:03:39.540 can also buy Ginger supplements at most
00:03:41.640 pharmacies and health food stores Ginger
00:03:44.340 also contains shogao which has been
00:03:46.440 shown to decrease blood flow in the
00:03:48.180 brain this may help ease migraine pain
00:03:50.760 by reducing blood flow to sensitive
00:03:52.680 areas of your brain
00:03:54.180 liking our video so far before we move
00:03:56.700 on to the next benefit don't forget to
00:03:58.620 hit the like button and subscribe to our
00:04:00.780 channel so you never miss out on our new
00:04:02.819 informative videos
00:04:04.620 number four it may lower the risk of
00:04:07.440 cancer cancer is a terrifying disease it
00:04:10.920 kills more than half a million people
00:04:12.299 each year in the United States alone and
00:04:14.819 it often strikes people in their prime
00:04:16.560 years although there are many forms of
00:04:18.899 cancer they have all one thing in common
00:04:21.238 they're caused by uncontrolled cell
00:04:23.400 growth for example skin cancer is caused
00:04:26.280 by damaged cells that don't die off when
00:04:28.680 they should in some cases the damaged
00:04:31.199 cells grow into tumors that can spread
00:04:33.360 to other parts of the body researchers
00:04:35.820 have found that Ginger contains
00:04:37.380 antioxidants and phytochemicals that may
00:04:40.139 help fight cancer cells in the body in
00:04:42.720 one study researchers found that
00:04:44.520 extracts from Ginger affected prostate
00:04:46.740 cancer cells in vitro they also found
00:04:49.680 that they could lower the risk of
00:04:51.360 prostate cancer by up to 40 percent if
00:04:54.060 people ate three grams per day of
00:04:56.340 powdered ginger root in a study
00:04:58.979 published in the Journal of cancer
00:05:00.479 prevention research scientists examined
00:05:03.120 the effects of ginger on mice with
00:05:04.860 breast cancer they found that Ginger
00:05:07.139 extract reduced the growth of tumors by
00:05:10.020 about 50 percent and significantly
00:05:12.360 reduced their size
00:05:14.460 the researchers then looked at human
00:05:16.320 breast cancer cells in a Petri dish and
00:05:18.960 found that they were less likely to
00:05:20.400 spread their tentacles when exposed to
00:05:22.620 Ginger extract this suggests that Ginger
00:05:25.440 could be an effective treatment for

00:05:26.820 metastatic breast cancer which is often
00:05:28.979 fatal because it spreads throughout the
00:05:30.600 body
00:05:31.380 number five manages high blood sugar
00:05:34.020 levels ginger has been used for
00:05:36.360 centuries to help manage high blood
00:05:37.979 sugar in fact ginger has been found to
00:05:40.560 help lower glucose levels in people with
00:05:42.600 type 2 diabetes when taken in capsule
00:05:44.759 form this is because its active
00:05:46.979 compounds such as gingerols and shogols
00:05:49.860 help stimulate the pancreas to produce
00:05:51.960 more insulin it also has
00:05:53.940 anti-inflammatory properties that can
00:05:55.800 reduce inflammation in the body which is
00:05:58.080 one of the main causes of type 2
00:05:59.759 diabetes in one study published in 2009
00:06:03.680 researchers found that Ginger improved
00:06:06.240 glucose tolerance by increasing insulin
00:06:09.479 secretion from the pancreas and
00:06:11.220 improving insulin sensitivity
00:06:13.440 the study involved 16 healthy volunteers
00:06:16.500 who were given either 500 milligrams of
00:06:19.320 ginger powder or a placebo before meals
00:06:22.440 three times daily for 40 days the
00:06:25.680 results showed that those who took
00:06:27.120 Ginger had significantly lower
00:06:29.900 post-prandial blood glucose levels than
00:06:32.400 those who did not take it
00:06:34.259 number six helps ease anxiety one of the
00:06:38.280 most common reasons people seek medical
00:06:40.199 help is anxiety anxiety is a mental
00:06:43.259 health condition that causes feelings of
00:06:45.600 fear nervousness or worry
00:06:47.940 while some anxiety is normal and even
00:06:50.160 helpful at times it can become
00:06:52.319 overwhelming and interfere with your
00:06:54.539 daily life if it continues for too long
00:06:56.400 or gets out of control the good news is
00:06:59.160 that there are many ways to manage
00:07:00.720 anxiety including exercise and diet
00:07:03.060 changes for example experts suggest that
00:07:06.240 eating foods high in fiber and omega-3
00:07:08.340 fatty acids may help reduce anxiety
00:07:11.100 symptoms Ginger is another natural
00:07:13.620 remedy for managing anxiety it has been
00:07:16.380 used as an herbal remedy for centuries
00:07:18.360 in Asia and Africa to help with calmness

00:07:21.300 and reduce feelings of nervousness
00:07:23.759 number seven it may help reduce
00:07:26.180 indigestion indigestion is a common
00:07:29.160 problem that many people experience
00:07:30.900 after eating symptoms include bloating
00:07:33.300 gas frequent burping and heartburn these
00:07:36.479 symptoms often come on quickly after
00:07:37.919 eating and last for several hours or
00:07:40.139 days after the meal Ginger is one of
00:07:42.900 several herbs used as a natural remedy
00:07:44.880 for indigestion other herbs that may
00:07:47.400 help include fennel seeds peppermint
00:07:49.380 leaves basil leaves and chamomile
00:07:51.840 flowers Ginger also contains gingerols
00:07:55.139 which have anti-inflammatory properties
00:07:56.880 that help reduce the pain caused by
00:07:58.919 indigestion gingerols can even help
00:08:01.560 reduce the production of gastric acid in
00:08:03.780 the stomach which helps treat mild cases
00:08:06.419 of stomach ulcers
00:08:08.220 when it comes to reducing indigestion
00:08:10.259 Ginger can be taken in the form of tea
00:08:12.660 or added to food or drinks you can also
00:08:15.419 find supplements that contain
00:08:16.860 concentrated amounts of Ginger for
00:08:19.199 maximum effectiveness
00:08:21.240 number eight it may help with asthma
00:08:24.240 asthma is a chronic lung disease that
00:08:26.639 makes it difficult to breathe the
00:08:28.560 Airways which are tubes that carry air
00:08:30.360 into your lungs become swollen and
00:08:32.700 narrow causing shortness of breath
00:08:34.320 wheezing and coughing although there's
00:08:36.839 no cure for asthma many people can
00:08:38.820 manage their symptoms well enough to
00:08:40.559 control their asthma without using
00:08:42.479 inhalers or other medications on a daily
00:08:44.459 basis the ginger all found in ginger
00:08:47.160 helps to relax muscles in the Airways of
00:08:49.440 the lungs this helps reduce swelling and
00:08:52.380 makes it easier for you to breathe it
00:08:54.720 also reduces mucus production in your
00:08:56.820 lungs which makes it easier to cough up
00:08:58.860 sputum if you have trouble breathing try
00:09:01.740 juicing two to three inches of fresh
00:09:03.540 ginger root and drink it as soon as
00:09:05.220 possible you can also make tea with
00:09:07.560 fresh ginger root by putting one

00:09:09.360 teaspoon of grated ginger root into one
00:09:11.519 cup of water and boiling it for 5
00:09:13.560 minutes
00:09:14.880 number nine it may help to decrease the
00:09:17.760 risk of Alzheimer's disease
00:09:20.040 Ginger helps to decrease the risk of
00:09:22.080 Alzheimer's Disease by inhibiting the
00:09:24.000 formation of plaques in the brain
00:09:25.680 plaques are deposits of amyloid beta
00:09:28.620 peptide on the brain's nerve cells which
00:09:31.260 eventually cause Alzheimer's disease the
00:09:34.260 results from a study showed that Ginger
00:09:36.060 extract inhibited a beta production by
00:09:39.300 up to 80 percent in lab tests gingerol
00:09:42.839 also helps to reduce oxidative stress in
00:09:45.300 the brain by inhibiting enzymes such as
00:09:48.500 cyclooxygenase II and five lipogenase
00:09:52.320 these enzymes are responsible for
00:09:54.660 producing inflammatory compounds in the
00:09:56.760 brain which can lead to Alzheimer's
00:09:58.860 disease the decrease in antioxidant
00:10:01.680 enzymes such as catalase and glutathione
00:10:04.500 peroxidase also contributes to oxidative
00:10:07.140 stress because they help remove free
00:10:09.360 radicals from the body are there any
00:10:11.760 health risks with Ginger Ginger is
00:10:14.100 considered to be a safe food and has no
00:10:16.140 known side effects when consumed in
00:10:17.820 moderation however it may interact with
00:10:20.519 some medications and other herbal
00:10:21.959 supplements Ginger may also lower blood
00:10:24.480 sugar levels and affect the way your
00:10:26.100 body uses other herbs vitamins or
00:10:28.200 medication some people experience mild
00:10:31.339 gastrointestinal symptoms like bloating
00:10:33.480 nausea and diarrhea after consuming
00:10:36.000 Ginger people who have gallstones should
00:10:38.640 avoid using Ginger because it can worsen
00:10:41.160 symptoms it's important to talk with
00:10:43.560 your doctor before taking Ginger if you
00:10:45.300 have diabetes or a bleeding disorder
00:10:47.399 such as hemophilia or if you're taking
00:10:49.500 any medications for these conditions
00:10:51.440 Ginger may also interact with certain
00:10:53.700 heart medications so check with your
00:10:55.920 doctor before adding it to your diet if
00:10:57.839 you're on any of these medications
00:10:59.880 as you can see there are many things

00:11:01.680 that Ginger is good for and if you add
00:11:04.260 this seasonal treat to your daily diet
00:11:06.000 you may find that it relieves a number
00:11:07.920 of symptoms and discomfort by covering
00:11:10.440 all the bases Ginger is a versatile
00:11:12.420 remedy that belongs in every health
00:11:14.220 conscious person's kitchen more than
00:11:16.740 that it has anti-inflammatory properties
00:11:18.600 so it's an excellent addition to dieters
00:11:20.940 toolkits enjoyed this video hit the like
00:11:24.240 button to subscribe to our channel for
00:11:26.579 more informative videos like this one
00:11:28.680 thanks for watching your Wellness is our
00:11:32.040 mission
00:11:34.260 foreign
00:11:35.480 [Music]