



MACROS, MUSCLES & MINDSET

# GINGER

The Good Things!

## FACT OR FICTION?

**Ginger can be used as a grounded spice, as a tea or within meals, drinks and as a supplement.**

**Ginger is the real deal! Amongst one of the most used spices on the planet, there is scientific evidence that backs Ginger being a reputable source to help improve health and well being.**

- 1) Reduces Inflammation.** Ginger contains Gingerol, a powerful substance found in the stem of ginger that aids to reduce inflammation in the body.
- 2) Reduces soreness.** The anti-inflammatory properties can aid to reduce muscle soreness.
- 3) Blood Glucose Management.** Ginger has been proven to show a reduction in blood sugar levels.
- 4) Settles an upset stomach.** Ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort.
- 5) Reduces Headaches.** Research has shown that ginger may offer relief from a migraine due to its ability to stop prostaglandins from causing pain and inflammation in the blood vessels.