

Ginger Juice

Health Benefits of Drinking Ginger Juice



1) Relieve Nausea

Drinking a cup of ginger juice before travelling can help prevent the nausea and vomiting associated with motion sickness. You can also drink a cup at the first sign of nausea to relieve the symptom.

2) Improve Stomach Performance

Useful in improving digestion and increasing absorption of food, ginger juice can reduce bloating after having a heavy meal

3) Improve Blood Circulation

The vitamins, minerals and amino acids in ginger tea can help restore and improve blood circulation that help reduce the chance of cardiovascular problems. Ginger may prevent fat from depositing in the arteries, preventing heart attacks and stroke.

4) Relieve Menstrual Discomfort

For women, ginger juice appears to be very effective against menstrual pain when taken at the beginning of the menstrual period.



Recommendations

Remove the ginger skin and cut up to 4 to 5 fresh slices. Use the Hokey Manual Juicer to make a cup of ginger juice. Every morning, drink 1 cup of plain water, followed by the fresh ginger juice.

"Everything good is found in ginger," states an old Indian proverb

