

SELF CARE

Ginger for Gut Health



Ginger is commonly known as a natural remedy for all things gut-related. Asian cultures have been using ginger as a digestive aid and anti-nausea remedy for centuries. Ginger has gained popularity in the United States as a natural remedy for digestion over the last decade, and for good reason. Not only does ginger have a spicy, soothing aroma and taste, it also has a variety of properties that aid in digestion and stomach ailments.

Ginger is a flowering plant whose root is used as a spice. Ginger root has a “knobby” appearance and has tan skin and a moist yellow interior. When you slice ginger, you can immediately smell the strong and spicy aroma. Many find it easiest to peel the skin off with a spoon since it has a lot of nooks and crannies. Once peeled, you can either use it in large slices to steep in tea or soups, or mince or grate for stir-fries and marinades.

Gingerol is a natural component of ginger root that encourages efficient digestion and benefits gastrointestinal motility rate.¹ Ginger is well known for relieving nausea, which is accomplished by its ability to encourage stomach emptying. It also cuts down on fermentation in the gut, which relieves bloating and gas.¹ Additionally, ginger has antioxidants which help manage free radicals, which can damage cells when you have too many.¹

Additionally, ginger may have anti-cancer, disease-preventative, antidiabetic and anti-cardiovascular effects.² Animal studies have shown a significant hyperlipidemic effect and a lower degree of atherosclerosis when given ginger.² Animal studies have also shown better glucose tolerance, lower serum glucose, lower cholesterol, and lower triacylglycerol levels.² Overall, ginger has promising health benefits that anyone can take advantage of, from managing diabetes and heart disease to relieving a tummy ache!

MINDFULNESS SERIES

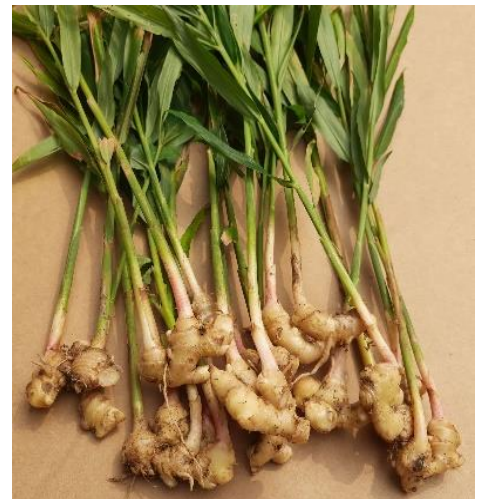
USEFUL RESOURCES



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As the U.S. becomes more interested in the health benefits of ginger, as well as an increasing interest in Asian cuisine, it's become relatively simple to include ginger into your diet! You can include it in stir-fries, soups, juices, and tea to reap the benefits. Ginger has a strong taste, so try tasting it in small amounts first such as adding a small knob to your smoothie or steeping it in soup. You can also make a "ginger shot" consisting of ginger, lemon, honey and cayenne (juiced or blended and strained) to throw it back and be done with it, although these are very intense in flavor so use caution! Otherwise, if you know that you enjoy the taste of ginger, check out these simple recipes to get started:

Healthy Recipes

Carrot Ginger Soup

Ingredients

1 ½ tablespoon peeled and minced ginger root (about 1-inch nub)
1 yellow onion
4 cups chopped carrots (1 ¾ pounds or about 12 large carrots)
2 tbsp olive oil
4 cups vegetable broth
¼ tsp garlic powder
1 pinch cinnamon
½ tsp kosher salt
12 cup full fat coconut milk



Instructions

1. Dice the onion. Peel and chop the carrots. Peel the ginger with a spoon, then mince it.
2. In a large pot, heat the olive oil over medium high heat. Add the onion and sauté for 5 minutes. Add the ginger, carrots, vegetable broth, garlic powder, cinnamon and salt and bring to a boil. Then simmer until the carrots are tender, about 15 to 20 minutes.
3. Carefully transfer the hot soup to a blender using a ladle (or use an immersion blender). Add the coconut milk and blend until smooth and creamy. Taste and adjust seasonings as desired. Serve swirled with a drizzle of coconut milk and topped with fresh cilantro.

Ginger Tea

Ingredients

1 tbsp grated fresh ginger
1 ¼ cups boiling water
1 tsp honey
1 lemon wedge



Instructions

1. Bring the water to a boil.
2. Meanwhile, peel the ginger with a spoon and finely grate it with a grater or microplane.
3. Place the ginger in a tea strainer or tea ball, then place it in a mug. Pour over the boiling water. Allow the ginger to steep for 5 minutes.
4. Remove the tea strainer. Stir in honey and a spritz of lemon juice from the wedge.



More Resources....

choosemyplate.gov

njaes.rutgers.edu/health

Family & Community Health Sciences Healthy Recipes

[Get Moving Get Healthy NJ \(vimeo.com\)](http://vimeo.com)

Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes

<https://www.foodsafety.gov/keep-food-safe>

The Core Four Practices of Food Safety | FightBAC

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**"ALL DISEASE BEGINS IN THE
GUT. POOR DIGESTION
IS THE ROOT OF ALL EVIL."
- HIPPOCRATES -**



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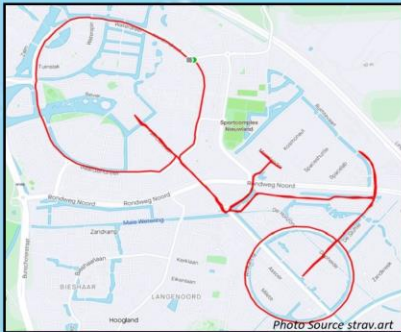
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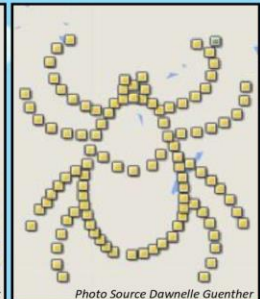
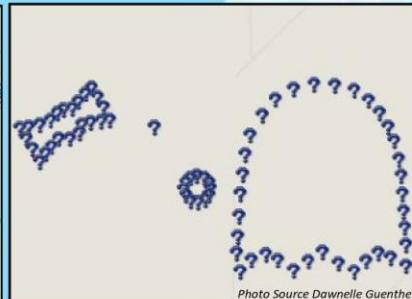
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Open to any NJ youth!

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- Cloverbuds (grades K-3) will receive a participatory prize.
- 1st place winners will be awarded gift card prizes.

Questions? Contact Amelia.Valente@njaes.rutgers.edu

- CLASSES**
1. Best Animal
 2. Best Plant
 3. Best Object
 4. Favorite Food