

Ginger Root (Item #3012)

For Inflammation and Digestive Maintenance

Why take Ginger Root?

Ginger, the underground stem, or rhizome, of the plant *Zingiber Officinale* has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. Today, ginger root is widely used as a digestive aid for mild stomach upset and is commonly recommended by health care professionals to help prevent or treat nausea and vomiting associated with motion sickness, pregnancy, and cancer chemotherapy. Ginger is used as support in inflammatory conditions such as arthritis, and may even be used in heart disease or cancer.

In addition to these medicinal uses, ginger continues to be valued around the world as an important cooking spice and is believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods.

Dosage: Take 1 vegi-capsule 3 times daily or as directed by a qualified health professional.

Ingredients Explained

Ginger Root – Ginger is a knotted, thick, beige underground stem (rhizome). The stem extends roughly 12 inches above ground with long, narrow, ribbed, green leaves, and white or yellowish-green flowers. The important active components of the ginger root are thought to be volatile oils and pungent phenol compounds (such as gingerols and shogaols).

Ginger's ability to combat a variety of diseases and conditions is due in part to its impact on excessive inflammation, which is a significant underlying cause of many illnesses. Inflammation is the body's natural healing response to illness or injury, and its pain, redness, heat, and swelling are attempts to keep you from moving a damaged area while it is being repaired. Inflammation subsides as the body heals. However, in some conditions, including arthritis, diverticulosis, gallbladder inflammation, and heart disease, the inflammation does not go away. It becomes chronic and leads to many other problems.

Ginger is particularly useful in treating chronic inflammation because it partially inhibits two important enzymes that play a role in inflammation gone awry -- cyclooxygenase (COX) and 5-lipoxygenase (LOX).

Ordering Information

Ginger Root (Item #3012) 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.