

Ginger- Adrak

Cooking

Young ginger rhizomes are juicy and fleshy with a very mild taste. They are often pickled in vinegar or sherry as a snack or just cooked as an ingredient in many dishes. They can also be steeped in boiling water to make ginger tea,

Mature ginger roots are fibrous and nearly dry. The juice from old ginger roots is extremely potent and is often used as a spice in Indian recipes, and is a quintessential ingredient of Chinese, Japanese and many South Asian cuisines for flavoring dishes



Benefits

- Ginger is very effective in preventing the symptoms of motion sickness, especially seasickness.
- eliminating gastrointestinal distress
- Ginger's anti-vomiting action has been shown to be very useful in reducing the nausea and vomiting of pregnancy
- Ginger contains very potent anti-inflammatory compounds called *gingerols*. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly.
- inhibit the growth of human colorectal cancer cells
- Ginger extracts have been shown to have both antioxidant, anti-inflammatory and anti-tumor effects on cells
- Ginger also has an Immune system boosting action

