

♥ Health Minute

Spice up your holidays!

Ginger is a knobby root that makes a great addition to holiday dishes. Ginger is available fresh in most markets but you can also find it dried or minced in bottles to save time. Studies show that ginger functions as an antioxidant, preventing cholesterol build-up in the arteries. Ginger is a favorite addition to baked goods, fruits, and ethnic dishes. You can also enjoy crystallized ginger alone as a treat. Experts recommend cooking with ginger at least twice a week to reap the most benefit.



Ginger and Heart Health	Ginger's reported other benefits
<ul style="list-style-type: none">♥ Reduces cholesterol♥ Reduces blood pressure♥ Prevents blood clots♥ Controls plaque buildup in arteries	<ul style="list-style-type: none">♥ Helps alleviate motion sickness♥ Anti-inflammatory properties♥ Aids digestion♥ Helps control flatulence♥ Some think it is helpful for the common cold