

# Herb Spice OF THE MONTH

**CHECK OUT THE HERB/SPICE OF THE MONTH TO LEARN ABOUT SOME NEW WAYS TO  
BRING INCREDIBLE FLAVOR TO YOUR PLATE.**



## GINGER

**GINGER CONTAINS A POWERFUL ANTI-INFLAMMATORY AND ANTIOXIDANT COMPOUND, GINGEROL AND USED IN LOTS OF  
VARIOUS APPLICATIONS FROM TEA FOR ARTHRITIS TO LOZENGES TO RELIEVE NAUSEA SUCH AS PREGNANCY.**

### POSITIVE HEALTH BENEFITS

**MAY HELP WITH STOMACH & LIVER INFLAMMATION  
ALLEVIATE NAUSEA/VOMITING  
CLEANSE COLON AND HELP WITH DIGESTIVE ISSUES  
FIGHTS COLDS AND FLUE**

### USE IT LIKE THIS

**SOUPS SUCH AS BROTHS  
SLICE OFF A SMALL PIECE INTO HOT WATER + A TEA BAG  
GINGER COMES IN LOZENGES FOR NAUSEA SYMPTOMS**

### **RECIPES**

[HTTPS://WWW.BONAPPETIT.COM/RECIPE/LEMON-GINGER-BREW](https://www.bonappetit.com/recipe/lemon-ginger-brew)

[HTTPS://WWW.BONAPPETIT.COM/RECIPE/TURMERIC-GINGER-CHICKEN-SOUP](https://www.bonappetit.com/recipe/turmeric-ginger-chicken-soup)

[HTTPS://WWW.BONAPPETIT.COM/RECIPE/INFLAMMATION-BUSTING-PINEAPPLE-SLUSLY](https://www.bonappetit.com/recipe/inflammation-busting-pineapple-slusly)

There can be positive health benefits associated with many of these yummy additions, however this information should not be used to replace the advice of a trained medical professional.



## **FITNESS**

AT **SPS**TOWER

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