



**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-SLUSHY](https://www.bonappetit.com/recipe/inflammation-busting-pineapple-slushy)

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.



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