

Ginger And Moringa: The Most Powerful Disease Killing Combination

By **BonBon** - September 14, 2018



For hundreds of years, moringa and ginger were among the top choices for treating various ailments.

Native to India, Afghanistan, and Pakistan, the Moringa tree was commonly used in the traditional Ayurveda. Today, however, it is famous all around the world for its medicinal properties.

According to the Ayurveda, the leaves of the tree can effectively treat over 300 health issues as the leaves are a rich source of nutrition and natural energy boosters.



The moringa soothes the body, lowers blood pressure, and treats sleeping difficulties. Plus, this potent natural remedy will cleanse the body from the accumulated toxins.

The moringa contains over 90 nutrients, and provides seven times the vitamin C of oranges, four times the calcium of milk and the vitamin A of carrots, three times the potassium of bananas, and two times

the protein of yogurt.

Headache relief

In the traditional Indian medicine commonly used Moringa leaves to soothe pain, and fight migraines and headaches.



Arthritis relief

Thanks to its potent anti-inflammatory properties that fight inflammation, and the high calcium, iron, potassium, magnesium, and copper content prevents strengthens the locomotor system and prevents diseases.

Moringa leaves treat eye and ear infections, catarrh, and scurvy

High pressure

Since it contains components such as thiocarbamate and isothiocyanate glycosides, you can use moringa to regulate blood pressure. These components also act as hypnotists.

Moringa leaves fight bronchitis and fevers.

Against anemia

The high nutrients content of Moringa fights and prevents anemia.



Lowers Cholesterol

According to studies done on animals, the effects of this plant can be compared with the ones of the drug simvastatin in the treatment of high cholesterol levels.

Protects the liver

Moringa is of great help in the treatment of liver disease, since it improves the function of this important organ.

Prevents stomach ulcers

Moringa treats acid reflux and prevents the formation of stomach ulcers.

On the other hand, you have ginger root, which is a powerful remedy against diseases, like colds, diabetes, stomach issues, diarrhea, and coughs.

It is especially beneficial in the case of various types of "stomach problems," like nausea, diarrhea, upset stomach, motion sickness, morning sickness, colic, gas, diarrhea, irritable bowel syndrome (IBS), nausea due to cancer treatment, nausea caused by HIV/AIDS treatment, appetite loss, and nausea and vomiting after surgery.

Here are some of its health benefits:

Dizziness and nausea

Ginger is excellent in fighting nausea and dizziness, as well as motion sickness. That's why experts recommend taking ginger at least 3 hours before boarding on a boat, car, or a plane. If your trip lasts longer, drink some ginger-infused water half an hour before too.

**Prevents ulcers**

Being a powerful antibacterial agent and being able to balance the production of juices in the stomach, ginger will prevent the formation of ulcers.

Pregnancy

A teaspoon of ginger dried root in a glass of water and drink it several times daily to reduce morning sickness and dizziness during the pregnancy. However, this treatment should not last for more than 2 months.

Chemotherapy Treatment

It will prevent vomiting in patients undergoing chemotherapy.

Prevents the side-effects of drugs

Ginger will help you prevent the dangerous side-effects of drugs used in surgeries. Take it a day before the surgery, but always after a consultation with the doctor.

Ginger is also of great help in the treatment of menstrual pain, coughs, diabetes, obesity, rheumatoid arthritis (RA) pain, osteoarthritis, bronchitis, stomach pain, upper respiratory tract infections, chest pain, respiratory problems, and anorexia.

Ingredients:

- 85 g fresh ginger
- 10 pretty green moringa leaves
- 4 cups water
- A teaspoon of honey (optional)

Preparation:

Start by washing the ginger well, and cut it into slices. Add the slices to water, and boil them for 10 minutes. Next, remove the pot from heat, and add the moringa leaves. Cover the pot and leave it aside for 5 minutes. Strain, and sweeten with honey.

Use:

Drink a cup of the moringa and ginger infusion twice daily, once in the morning and once again in the evening, before bedtime.

Source: Thehealthyfoodhouse.
