

[IMAGE]

Ginger: Multiple Health Benefits

Already used as a pain reliever for arthritis and migraines, and an effective remedy for nausea, ginger is ready to battle even more health foes. Researchers from the University of Michigan Comprehensive Cancer Center believe ginger not only kills cancer cells, but also prevents them from becoming resilient to chemotherapy.

Scientists combined a solution of ginger powder and water with ovarian cancer cells; in every one of their tests, the cancer cells died from being in contact with the ginger. The cancer cells either committed "suicide" (apoptosis) or attacked themselves.

With the number of American women to be diagnosed with ovarian cancer close to 20,000 this year, a common root like ginger has found itself back in the scientific spotlight. Researchers are pushing for further studies of its attributes. Other advantages to the use of ginger are that it's already available in a pill and there are hardly any reports of side effects.

Would you like to learn more about the benefits of adding ginger to your daily diet? Head on over to www.chiroweb.com/tyh/ginger.html to find out more about this 4,000-year-old root.

Reference:

Nordqvist, Christian. "Ginger Kills Ovarian Cancer Cells." MedicalNewsToday.com, April 17, 2006.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=600&no_paginate=true&no_b=true