

5 surprising health benefits of ginger (along with ginger tea and honey recipe)

Join us to find out 5 amazing health benefits of ginger and ginger tea recipes with honey in the article below!

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1. What happens to your body when eating 2 eggs a day?
2. What will happen to the body if you don't eat meat?

Ginger has many medical benefits and has been used for centuries all over the world as a treatment for diseases ranging from nausea to inflammatory problems.



Besides, ginger is also often used to make tea, in a way that maximizes the health benefits. Here are **5 amazing health benefits that ginger can help treat, along with a simple recipe for honey ginger tea, you may not know** . Invite you to consult!

1. Improve blood circulation

Compounds found in ginger such as **gingerols** and **zingerone** work to warm the body, improving circulation. The amino acids present in ginger help increase circulation and reduce the risk of cardiovascular diseases.

Improved circulation creates many positive effects including important nutrients, minerals and oxygen transported throughout the body, promoting cell growth and healthy organ function.

2. Pain relief



Gingerol , an important compound found in ginger, has anti-inflammatory properties, which help prevent the production of COX-2 in the body causing pain.

Ginger tea is recommended for people with gout, osteoarthritis and rheumatoid arthritis, as well as for post-workout athletes to prevent pain and swelling.

For people with **migraines** , ginger can help prevent **prostaglandin** - the cause of headache pain.

3. Reduce cramps during menstrual periods

Ginger is known to be effective in treating menstrual-related symptoms: cramps, fatigue and premenstrual syndrome.

Ginger tea helps **relax the muscles** thus reducing cramps when it comes to months. Besides, ginger tea is also considered a cure for women with dysmenorrhea or irregular periods.

4. Reduce nausea and gastrointestinal diseases



Perhaps ginger is best known for its ability to **reduce nausea** or **stomach-related diseases** . Active properties such as volatile oils and phenol compounds alleviate stomach pain.

Women with morning sickness are also advised to use a cup of ginger tea to soothe the stomach. This natural treatment is also indicated for patients undergoing chemotherapy leading to nausea. If you get motion sickness, drinking a cup of ginger tea before you leave will make your journey much easier.

5. Strengthen the immune system

Because of its antioxidant properties, ginger helps **prevent colds** - and if you get sick, it helps reduce the duration of the illness. Ginger also helps **eliminate toxins** in the body quickly, allowing the body to eliminate faster.

Moreover, ginger also contains chromium, zinc and magnesium to support the immune system. Not only that, ginger also has antibiotic, antibacterial, anti-inflammatory and antiseptic properties that help prevent health problems and common infections.

Ginger has many different uses, but taking it as a tea is the most effective way. But make sure **not to drink more than three cups of ginger tea every day** because it can cause adverse effects.

Here is a simple recipe for you to make a ginger tea at home.

Ingredient:

1. 4 to 6 slices of fresh ginger;
2. 1.5 to 2 cups of filtered water;
3. Lemonade;
4. 1 to 2 tablespoons of honey.

Guide:



1. **Peel ginger and wash off;**
2. Cut ginger into thin slices;
3. **Boil 1.5 cups of water and add ginger slices ;**



4. Cover the lid and keep the water boiling at low temperatures for about 10 minutes;
5. Filter water to remove ginger slices;
6. Squeeze a little lemon juice on it (which varies a lot according to your preference);



7. Add one to two tablespoons of **honey** and stir well;

8. Let it cool a little and enjoy!

Refer to some other articles:

1. 9 reasons you should drink some olive oil when you're hungry
2. 10 unexpected benefits of TEA TRAFFIC may not be known to you
3. 10 simple ways to eliminate the habit of eating snacks after dinner

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