DRINKS & SMOOTHIES

Homemade Ginger Ale Recipe To Help Reduce Chronic Inflammation, Pain And Nausea

By bestfolkmedicine · 25/06/2018 · 2 min read



With certainty, ginger is one of the most beneficial herbs out there because of its strong healing properties. From migraines to inflammations, it appears that there is nothing that ginger cannot solve. It originates from India but nowadays, it is used throughout the world for cooking, but as a natural cure as well. If you still have doubts about its power, make sure you read the list below!

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The Amazing Health Advantages of Ginger

Averts colds and flu

Regular consumption of ginger tea is known to strengthen the immunity and to decrease the risk of colds and flu. Opt for 2 cups of ginger tea daily; make sure one cup is consumed on an empty stomach.

Treats inflammation

With the help of its anti-inflammatory characteristics, ginger will help you put an end to inflammation going on in the body. It is highly recommendable against osteoarthritis too.

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Reduces pain

According to a study done at the University of Georgia, ginger decreased muscle ache by 25 percent and it was also found effective against menstrual cramps.

Alleviates nausea

Ginger ale is highly beneficial in reducing nausea and vomiting, which is great for pregnant women and cancer patients undergoing chemo.

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Relieves digestive issues

The phenolic compound in ginger is powerful in treating bloating and constipation by encouraging the bile production and stimulating the saliva.

How to Make Homemade Ginger Ale

You will need:

2 cups of ginger, peeled and chopped

A bit of honey, raw

4 cups of water

A bit of sparkling water

Juice from 2 limes

Lime wedge (for garnish)

Preparation: Boil the water first and then add the ginger. Lower the heat to medium and leave it to cook for 5 minutes. Then, remove it from the heat and strain the content. Mix one part of ginger water and three parts of sparkling water. Add the lime juice and raw honey and serve it with a lime wedge on top.

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