DRINKS & SMOOTHIES

Ginger, Turmeric, and Carrots – Healthy Mega Trio

By bestfolkmedicine · 14/09/2018 · 3 min read



You have probably heard of this trio. But do you know everything about it? Ginger and turmeric – when combined with carrots in a meal, their health benefits are endless. A study shows that people who consume these three ingredients in a meal, become resistant to heart disease, cancer, diabetes

and various types of inflammatory conditions. Amazing, isn't it?

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Ginger and turmeric

They belong to the plant family called Zingiberaceae. They are used in the kitchen, but also to relieve various illnesses. They have a particularly strong effect if being used together, as in tea. Turmeric is a tropical and subtropical spicy root, well known for its distinct yellow color. Curry is prepared from them, a spice that gives the Chinese and Indian dishes a particularly spicy taste. It is estimated that this ingredient delivers 150 health benefits, but only some of them are strengthening the immune system and relieve symptoms of autoimmune diseases. Turmeric is slowly absorbed by the body. If you want quicker effects, consume it with tea or with coconut and flaxseed oil.

The advantages of turmeric

It is known that turmeric slows down Alzheimer's disease and slows the deterioration of brain cells and dementia. A study shows that the state of patients who took turmeric powder for 12 weeks has improved noticeably. A Japanese research has shown that curcumin keeps the heart as well as moderate aerobic activity. It also relieves joint pain and numbness caused by arthritis. Also, fights against infections – thanks to the antimicrobial action, it prevents infections. What is great, it also relieves epilepsy – scientists have found that turmeric has neuroprotective effect, rarely found in other plants.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

The benefits of ginger

The ginger has a stronger effect than the cancer chemotherapy. It does not destroy healthy cells but only the cancer cells, a recent study shows. Do you suffer from arthritis? It relieves painful joints. Have it as a tea or to add it grated to dishes. Only 2 g of ginger powder slow the growth of blood sugar levels by 12% and help you fight against diabetes. Last, but not the least, it promotes concentration and cognitive processes, and it does improve your memory.

The benefits of carrots

Carrots are rich in antioxidants and prevent the harmful effects of free radicals. They also prevents heart disease. In patients who consumed carrots, the difficulties were downed by 32%. People who

have cancer and tumor – phytonutrients from carrots prevent inflammatory conditions and the development of tumor cells, and can even stop cancer in the early phases. Carrots also you're your digestive organs healthy. They prevent the formation of ulcers and gastrointestinal ailments. And you surely know this, carrots improve eyesight – beta-carotene from carrots is converted into vitamin A, which is very important for eye health and vision. That ingredient strongly protects against cataracts and macular degeneration, and makes your sight better.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Recipes

Ginger tea and turmeric

Add a teaspoon of grated ginger and a teaspoon of grated turmeric in boiling water. One third teaspoon of each spice is to be used, if they are in dry form. Drink several times a week for good health or if you suffer from a problem in which these spices help.

You can also cook them. Cook a few pieces of carrots in water until they are smooth. Afterwards add a few teaspoons of coconut oil, some salt and half a teaspoon of grated ginger and turmeric.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Tasty, delicious, and healthy. It can't get any better.

Image Source: www.rebootwithjoe.com

Read online: https://bestfolkmedicine.com/2018/09/ginger-turmeric-and-carrots-healthy-mega-trio/
Downloaded on 27/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.