



BOSCH

BKK

Health tip

Ginger – full of power

The beneficial effect of ginger on both body and mind has been known for some 5000 years.

► **Many different constituents**

Ginger isn't just a popular ingredient in German cuisine thanks to its strong flavour. It also makes food easier to digest while providing many valuable constituents. Ginger root owes its typical aromatic odour to essential oils, and its strong flavour to the constituent gingerol. This root contains vitamin C, iron, calcium and potassium as well.

► **Healing effect**

It's not without reason that ginger is known as a medicinal plant: Its chemical composition not only relieves pain but also has antibacterial and anti-inflammatory effects. Ginger root is sometimes used as a tried and tested remedy for head colds, travel sickness and a range of gastrointestinal disorders.

► **New strength from fresh root ginger**

Have you ever made yourself some tea or a shot with ginger? It's really simple: Peel a piece of fresh ginger, cut up small and put in a mixer, for example with pieces of apple and a little orange or lemon juice, sweetening it with some honey if wished – your delicious shot of ginger is now ready to drink! When making tea, finely slice a piece of ginger, add boiling water to the slices and leave to brew for around 10 minutes. Then take out the ginger and savour once cooled.



Sea Wave - stock.adobe.com



marilyn barbone - stock.adobe.com



Yasonya - stock.adobe.com