

# Healing Powers

helps to heal  
digestion &  
**lowers**  
inflammation



helps to  
concentrate,  
**purifies body,**  
mind & soul



**lowers**  
cholesterol &  
high blood  
pressure



powerful **painkiller**  
(joint, muscle,  
nerve pain)



## "Really?" One Surprising Fact About Ginger

Though our fast-past lives our bodies often stay in a permanent state of tension and ready-to-act mode. A cup of ginger tea helps the body to remember to relax. Ginger is the best natural anti-spasmodic, allowing you, your muscles and your brain to let go of the past, and relax in the now.

supports your  
**immune system,**  
anti-viral & anti-  
bacterial



enhances your  
body's own  
production of  
**Vitamin B12**



nature's best  
remedy for **colds,**  
the flu and sore  
throat



relaxes **menstrual**  
**cramps** & pain,  
reduces **hot**  
flushes



## GINGER

### No. 1 Painkiller & Natural De-Stress Helper

## What's in it?

**Vitamins** - B5 & B6

**Minerals** - potassium, magnesium,  
manganese, copper

Anti-inflammatory & anti-oxidant  
components (e.g. gingerols)

