

Health Benefits of

Ginger,



and

Turmeric:



These herbs stops cancer from developing(even kills existing cancer cells, great for arthritis and sore muscles, prevent strokes, good for colds and flu, Stops Inflammation, Treats Diabetes (regulates blood sugar), Controls Blood Pressure, Relieves sciatic nerve pain and more!

Health Benefits of **Ginger**

- Activate the immune system to prevent cancer from developing, kills existing cancer cells
- Protect brain function
- Stimulates the respiratory cells to secrete an anti-viral protein
- great for arthritis and sore muscles
- Reduces muscle and joint pain and Inflammation
- Cold & Flu Prevention
- Soothes sore throats and congestive coughs
- Migraine Relief
- Helps to relieve upset stomachs
- Cures diarrhea
- Helps to improve digestion
- Helps to reduce gas
- Helps to relieve menstrual cramps
- Reduces and relieves morning sickness
- Prevents Diabetes(regulates high sugar levels), high blood pressure and cholesterol
- High in potassium and manganese that build resistance to disease, protects lining of heart, blood vessels and urinary passages
- Can prevent blood clots
- Prevents intestinal ulcers and gastric distress
- Reduces fever
- Heals asthma
- Treats depression
- Prevents alzheimer's disease
- Helps reduce hot flashes
- Support kidney function, aids in dissolving kidney stones

Health Benefits of Turmeric

- Cures Psoriasis
- Prevents Cancer growth cells
- Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia)
- Reduce side effects of chemotherapy
- Slows progression of MS (multiple sclerosis)
- Used for Cystic Fibrosis
- Helps prevent gas/bloating
- Speeds up wound healing
- Liver cleansing. It assist the liver detoxifying enzymes to eliminate dietary wastes
- Prevents Strokes
- Prevents Parkinson
- Prevents Inflammation
- Treats Diabetes(regulates blood sugar)
- Controls Blood Pressure
- Reduces Cholesterol
- Reduce Arthritis
- Blood purifier
- Boost metabolism
- Strengthens ligaments
- Natural antibiotic
- Anti-inflammatory
- Helps impotence or erectile dysfunction - Turmeric and its compounds have lots of properties that studies show help improve blood flow — which doctors suggest can help prevent impotence or erectile dysfunction

Turmeric Ginger Tea

- 1/3 teaspoon turmeric powder
- 1/3 teaspoon ginger powder
- 1 tablespoon raw honey(optional)
- 1 cup water(hot, cold, or room temperature)

KJV Revelation 22:1-2

1. And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.
2. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Psalms 104:14

14. He causeth the grass to grow for the cattle, and herb for the **service of man**: that he may bring forth food out of the earth;

((Service or maintenance of man))

((It's all about keeping it flowing through our body, drinking at least once or twice a week is sufficient.))