

Miracle Honey Ingredients

Garlic

Why Is Garlic Healthy For You?

Though it was not widely known, experts now understand that sulfur compounds in garlic are the primary cause of its beneficial effects on health. By slicing, chopping, or crushing garlic bulbs, the thio-Sulfinite chemicals in them are converted into allicin. Allicin is a fantastic substance. However, while this appears to be true in theory, what are the actual health benefits of using garlic?

1. Garlic Helps Boost Your Body's Immune System

Your body's immunity is what keeps it from getting sick in the first place, and it also aids in the fight against illness when the situation calls for it. Garlic offers an immune system boost to help prevent colds and the flu virus. Children get six to eight colds each year, while adults get two to four. Eating raw garlic can protect against cough, fever, and cold illnesses. Eating two chopped garlic cloves every day is the best way to benefit. In some households around the world, families hang garlic cloves on a string around their childrens' necks to help them with congestion.

2. Garlic Helps Reduce High Blood Pressure

Strokes and heart attacks are two of the most significant health concerns worldwide. High blood pressure is a considerable risk factor for heart disease. It's thought to cause about 70% of strokes, heart attacks, and chronic heart failure. High blood pressure is the cause of 13.5 percent of deaths worldwide. Because they are among the significant causes of death, addressing one of their primary causes, high blood pressure, is extremely important. Garlic is a fantastic spice to include in your diet for those suffering from high blood pressure or hypertension. However, even if you are not a lover of garlic, taking garlic supplements will still give you the health benefits such as lowering high blood pressure, treating fever, and many more. Keep in mind that you must make sure that the amount of these supplements you take is the same as four cloves of garlic each day. Be sure to talk to your doctor before you start taking any supplements.

3. Garlic Helps Reduce Cholesterol Levels

Cholesterol is a fatty component in the blood. There are two kinds of cholesterol: “bad” LDL cholesterol and “good” HDL cholesterol. Far too much LDL cholesterol and not enough HDL cholesterol can cause serious health issues. Garlic has been shown to lower total cholesterol and LDL levels by 10 to 15 percent. Furthermore, eating garlic does not influence your HDL or good cholesterol levels. If you have a family history of heart disease or suffer from heart disease, you should consider adding garlic to your diet.

4. Garlic Can Help With Prevention of Cancer

Garlic’s health benefits do not end with the heart. So here is another reason why your body can benefit from an extra dose of this onion family member. According to research, consuming fresh garlic can help lessen the risk of colon cancer. According to the Iowa Women’s Health Study, women who ate garlic regularly with other vegetables and fruits had a 35% lower chance of getting colon cancer. However, researchers agree that more studies are still needed in this area.

5. Garlic Has Antibiotic Properties

Garlic contains allicin. Allicin is a bioactive antibiotic that can help fight infections and bacteria in sliced, squashed, or diced cloves. Garlic extracts have been shown to suppress the growth of:

- fungi elements
- Protozoa elements
- viral infections
- numerous bacteria, for example, Salmonella

Allicin is believed to be a viable antibiotic replacement. It also assists when used in conjunction with conventional prescribed antibiotics.

6. Garlic May Prevent Alzheimer’s and Dementia

Garlic has high antioxidants, which help prevent any oxidative damage from occurring in your body. These antioxidant properties can help prevent certain cognitive diseases like dementia and Alzheimer’s. However, take this one with a pinch of garlic. Taking high doses of garlic supplements, however, does not mean that you will be immune to the disease. The medicinal properties of garlic can only improve health to a certain point.

7. Garlic Can Improve Athletic Performance

This ingredient is one of the earliest performance enhancers available. Garlic was used in the olden days to alleviate weariness and boost laborers' working hours and endurance. It was also fed to Greek Olympic athletes to boost their athletic performance. As discussed above, garlic can help:

- Cholesterol levels
- Lower blood pressure
- Boosts immunity
- Reduces the length of illness

A healthy heart and body are key to keeping you fit. Ultimately, eating garlic plays an excellent role in minimizing, even if subtly, how soon you get weary when physically exerting yourself.

8. Garlic Helps Detox Your Body

Detoxification is the process of getting rid of things that don't belong in the body. It is an important part of good health and long life. We are exposed to a wide range of chemicals and compounds daily while living in the world today. Many of these compounds are not healthy and may even be detrimental to the body. The environment, water, and food include:

- Pesticides and chemicals used in agriculture
- Radiation etc from nuclear plants
- Personal care products containing chemicals
- Household cleaners
- Other household products

Garlic is a powerful detox food that promotes glutathione production by various liver enzymes. It also provides other important detoxifying components, including multiple bioactive selenium and sulfur compounds.

Keep Calm and Garlic On!

Source: <https://spiceworldinc.com/health/the-top-8-health-benefits-of-garlic/>

Clove

Cloves are the flower buds of the clove tree, an evergreen also known as *Syzygium aromaticum* ([1Trusted Source](#)).

Found in both whole and ground forms, this versatile spice can be used to season pot roasts, add flavor to hot beverages, and bring spicy warmth to cookies and cakes.

You may know cloves as one of the main ingredients in gingerbread baked goods or a staple spice in Indian cuisine.

Cloves are best known as a sweet and aromatic spice, but they have also been used in traditional medicine.

In fact, animal studies have found that the compounds in cloves may have several health benefits, including supporting liver health and helping stabilize blood sugar levels

1. Contain important nutrients

Cloves contain fiber, vitamins, and minerals, so using whole or ground cloves to add flavor to your food can provide some important nutrients.

One teaspoon (2 grams) of ground cloves contains ([4Trusted Source](#)):

- **Calories:** 6
- **Carbs:** 1 gram
- **Fiber:** 1 gram
- **Manganese:** 55% of the Daily Value (DV)

- **Vitamin K:** 2% of the DV

Manganese is an essential mineral for maintaining brain function and building strong bones ([5](#)Trusted Source, [6](#)Trusted Source).

Apart from being a rich source of manganese, cloves are only used in small amounts and do not provide significant amounts of nutrients.

2. High in antioxidants

In addition to containing several important vitamins and minerals, cloves are rich in antioxidants ([7](#)Trusted Source).

Antioxidants are compounds that reduce oxidative stress, which can contribute to the development of chronic disease ([8](#)Trusted Source).

Cloves also contain a compound called eugenol, which has been shown to act as a natural antioxidant.

In fact, a test-tube study found that eugenol stopped oxidative damage caused by free radicals five times more effectively than vitamin E, another potent antioxidant ([9](#)Trusted Source).

Including cloves in your diet along with other antioxidant-rich foods can help improve your overall health.

3. May help protect against cancer

Some research suggests that the compounds found in cloves might help protect against cancer.

One test-tube study found that clove extract helped stop the growth of tumors and promoted cell death in cancer cells ([10Trusted Source](#)).

Another test-tube study observed similar results, showing that concentrated amounts of clove oil caused cell death in 80% of esophageal cancer cells ([11Trusted Source](#)).

The eugenol found in cloves has also been shown to have anticancer properties.

A test-tube study found that eugenol promoted cell death in cervical cancer cells ([12Trusted Source](#)).

However, keep in mind that these test-tube studies used very concentrated amounts of clove extract, clove oil, and eugenol.

Eugenol is toxic in high amounts and overdosing on clove oil may cause liver damage, especially in children. Further research is needed to determine how lower amounts may affect humans.

4. Can kill bacteria

Cloves have been shown to have antimicrobial properties, meaning they can help stop the growth of microorganisms like bacteria ([14Trusted Source](#)).

One test-tube study showed that clove essential oil killed three common types of bacteria, including *E. coli*, which is a strain of bacteria that can cause food poisoning ([15Trusted Source](#)).

What's more, the antibacterial properties of cloves could even help promote [oral health](#).

In one test-tube study, the compounds extracted from cloves were found to stop the growth of two types of bacteria that contribute to gum disease ([16Trusted Source](#)).

Another study in 40 people tested the effects of an herbal mouthwash consisting of [tea tree oil](#), cloves, and basil.

After using the herbal mouthwash for 21 days, they showed improvements in gum health, as well as the amount of plaque and bacteria in the mouth ([17Trusted Source](#)).

In combination with regular brushing and proper oral hygiene, the antibacterial effects of cloves may benefit your oral health.

5. May improve liver health

Studies show that the beneficial compounds in cloves could help promote liver health.

The compound eugenol may be especially beneficial for the liver.

One animal study fed rats with [fatty liver disease](#) mixtures containing either clove oil or eugenol.

Both mixtures improved liver function, reduced inflammation, and decreased oxidative stress ([18Trusted Source](#)).

Another animal study showed that the eugenol found in cloves helped reverse signs of [liver cirrhosis](#), or scarring of the liver ([2Trusted Source](#)).

Unfortunately, research on the liver-protecting effects of cloves and eugenol in humans is limited.

However, one small study found that taking eugenol supplements for 1 week decreased levels of glutathione-S-transferases (GSTs), a family of enzymes involved in detoxification that's often a marker of liver disease ([19](#)Trusted Source, [20](#)Trusted Source).

Cloves are also high in antioxidants, which may help prevent liver disease due to their ability to help decrease oxidative stress ([21](#)Trusted Source).

Nevertheless, eugenol is toxic in high amounts. One case study in a 2-year-old boy showed that 5–10 mL of clove oil caused serious liver damage

6. May help regulate blood sugar

Research shows that the compounds found in cloves may help keep blood sugar under control.

An animal study found that clove extract helped moderate blood sugar increases in mice with diabetes ([3](#)Trusted Source).

Another test-tube and animal study looked at the effects of clove extract and nigericin, a compound found in cloves, both on human muscle cells and in mice with diabetes.

Cloves and nigericin were found to increase the uptake of sugar from the blood into cells, increase the secretion of insulin, and improve the function of cells that produce insulin ([23](#)Trusted Source).

Insulin is a hormone responsible for transporting sugar from your blood into your cells. The proper functioning of insulin is essential for maintaining steady blood sugar levels.

In combination with a balanced diet, cloves could help keep your blood sugar levels in check.

7. May promote bone health

Low bone mass is a condition that affects an estimated 43 million older adults in the United States alone ([24](#)Trusted Source).

It can lead to the development of osteoporosis, which may increase the risk of breaks and fractures.

Some of the compounds in cloves have been shown to help preserve bone mass in animal studies.

For example, an animal study found that clove extract high in eugenol improved several markers of osteoporosis and increased bone density and strength ([25](#)Trusted Source).

Cloves are also rich in manganese, providing an impressive 30% of the DV in just 1 teaspoon (2 grams) of ground cloves ([4](#)Trusted Source).

Manganese is a mineral that's involved in the formation of bone and incredibly important to bone health.

An animal study found that taking manganese supplements for 12 weeks increased bone mineral density and bone growth ([26](#)Trusted Source).

However, current research on the effects of cloves on bone mass is mostly limited to animal and test-tube studies. More research is needed to determine how it may affect bone formation in humans.

8. May reduce stomach ulcers

Some research indicates that the compounds found in cloves could help treat stomach ulcers.

Also known as peptic ulcers, stomach ulcers are painful sores that form in the lining of the stomach, duodenum, or esophagus.

They're most commonly caused by reductions in the protective lining of the stomach, which are due to factors like stress, infection, and genetics (27Trusted Source).

In one animal study, essential oil from cloves was shown to increase the production of gastric mucus (28Trusted Source).

Gastric mucus functions as a barrier and helps prevent erosion of the stomach lining from digestive acids (29Trusted Source).

Another animal study found that clove extract helped treat stomach ulcers and exhibited effects similar to those of several anti-ulcer medications (30Trusted Source).

Though the anti-ulcer effects of cloves and their compounds may be promising, further studies are needed on their effects in humans.

Source: <https://www.healthline.com/nutrition/benefits-of-cloves>

What do cloves do to a woman?

Antioxidants abound in cloves. These molecules aid in the fight against free radicals, which can harm your cells and cause disease. The antioxidants in cloves can help reduce your risk of heart disease, diabetes, and certain cancers by eliminating free radicals from your system.

What are the benefits of drinking clove water?

Clove water can boost your immune system and protect you from illnesses and flu if you drink it every morning. Clove water is high in vitamins and minerals that might help to improve your health and immunity. Manganese, vitamin k, vitamin c, calcium, and magnesium are all abundant in them.

Are cloves good for menstruation?

Clove oil relieves menstrual cramps quickly and reduces the length of menstruation. Clove is an anti-inflammatory spice that includes eugenol, which is helpful in reducing period discomfort. Excessive menstruation bleeding is also reduced by using this oil.

Nutrients in Cloves

According to the **National Library of Medicine**, Cloves are high in vitamins and minerals, including the following:

- Vitamin E
- Calcium
- Magnesium
- Potassium
- Iron
- Vitamin K
- Potassium
- Zinc
- Folate
- Choline etc.

Similarly, according to **PubMed**, It contains various useful components in addition to vitamins and minerals, primarily phenolic compounds including;

- eugenol,
- hydroxyphenyl propens,
- hidroxicinamic acid etc
- flavonoids like quercetin and kaempferol
- hydroxybenzoic acid,
- Phenolic acids mainly- caffeic ferulic, ellagic, and salicylic acids

Benefits of Cloves Sexually for Females

1. Treatment of general sex health problems

Cloves have traditionally been utilized to treat male sexual difficulties in Ayurvedic and Unani medicine because of their sexual benefits. As stated by **PubMed**, "Several animal studies have reported the use of cloves for sex

enhancement, specifically the nerve stimulation and it has also been reported the sexual behavior boosting effects of cloves.”

According to **PeaceHealth**, “ cloves are the best way to treat you if you are dealing with this situation as has been seen in the experimental studies.”

Tip: Applying a lotion containing clove oil could be the answer.

2. Promote sex hormone production

According to **animal studies** on the influence of cloves on sex hormone profiles, subcutaneous treatment of clove extract in low dosages improves sexual performance by boosting testosterone and prolactin levels.

Cloves are high in manganese, which works as a fundamental regulator or stimulator of sex hormone production.

3. Increasing testosterone levels

Men with higher testosterone levels have been shown to have more sexual activity. Cloves can improve sexual behavior in people by raising testosterone levels to research published in the **National Library of Medicine**.

Caution: This benefit has been observed in the males during experimental studies.

4. Increases nervous stimulation

Both men and women can benefit from simple nerve stimulation to enhance their sexual response. Cloves include sterols and phenols, both of which stimulate the nervous system and hence improve sexual responsiveness.

“The aroma of clove essential oil can trigger the release of acetylcholine. This powerful neurotransmitter can reduce heart rate and activate the parasympathetic nervous system. This kind of system is responsible for initiating a “fight or flight” response within the individual”, according to research reported in **PubMed**.

5. Prevention of STDs caused by susceptible organisms

Bacteria, viruses, and pathogens are among the most common causes of sexually transmitted infections (STIs), also known as Sexually Transmitted Diseases (STDs) (STDs).

According to a **study**, “Cloves have antibacterial, antiviral, antifungal, and anti-inflammatory effects, which may aid in the prevention and treatment of STDs.”

6. Reduces chances of infertility

While there is no scientific proof that cloves enhance ovulation in women and so reduce infertility, cloves may improve sperm quality and hence reduce infertility.

But in some **clinical studies**, “Cloves are a well-known fertility booster for both men and women and are known to treat male and female infertility. People consume clove water after soaking in water to treat infertility and improve pregnancy.”

7. Liver-related sexual dysfunction

Patients with liver disease are more prone to have sexual problems. The chemical eugenol, found in cloves, is supposed to aid with liver problems and sexual dysfunction in small doses.

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Other Health Benefits of Cloves

Cloves are anti-oxidant, anti-microbial, anti-fungal, anti-viral, **anti-nociceptive**, immunomodulatory, and anti-carcinogenic, in addition to their sexual characteristics. It is so beneficial to dental health, and immunity, and may help prevent or control obesity, cancer, diabetes, respiratory difficulties, digestion, and skin and hair health, among other things.

A daily skincare routine that includes cleansing, moisturizing, sun protection, and treating issues such as tan, spots, patches, and acne can also help to preserve skin health. If your skin is dull and lifeless, consider procedures like **dermablading** to remove dead skin cells and restore a youthful glow.

Precautions When using Clove

- Before deciding to use cloves on a regular basis, diabetics and individuals with liver diseases should take measures. Because there have been no human trials on the effects of cloves on pregnant or lactating women, they should be cautious when consuming them.
- Before you begin using cloves, you should check for possible sensitivities or even take an allergy test.
- Cloves include a number of chemicals that may interact with medications.
- If you are taking any drugs, you must consult with a healthcare professional.
- Taking clove oil may cause bleeding in people with bleeding disorders.

Nutmeg

1. Contains powerful antioxidants

Though small in size, the seeds from which nutmeg is derived are rich in plant compounds that act as antioxidants in your body (1Trusted Source).

Antioxidants are compounds that protect your cells from damage caused by free radicals. These are molecules that have an unpaired electron, which makes them unstable and reactive (2Trusted Source).

When free radical levels become too high in your body, oxidative stress occurs. It's associated with the onset and progression of many chronic conditions, such as certain cancers and heart and neurodegenerative diseases (3Trusted Source).

Antioxidants neutralize free radicals, preventing cellular damage and keeping your free radical levels in check.

Nutmeg contains an abundance of antioxidants, including plant pigments like cyanidins, essential oils, such as phenylpropanoids and terpenes, and phenolic compounds, including protocatechuic, ferulic, and caffeic acids (1Trusted Source).

One animal study showed that consuming nutmeg extract prevented cellular damage in rats treated with isoproterenol, a medication known to induce severe oxidative stress.

Rats that did not receive the nutmeg extract experienced significant tissue damage and cell death as a result of the treatment. In contrast, rats that received nutmeg extract did not experience these effects (4Trusted Source).

Test-tube studies have also shown that nutmeg extract exhibits powerful antioxidant effects against free radicals.

2. Has anti-inflammatory properties

Chronic inflammation is linked to many adverse health conditions, such as heart disease, diabetes, and arthritis ([9Trusted Source](#)).

Nutmeg is rich in anti-inflammatory compounds called monoterpenes, including sabinene, terpineol, and pinene. These may help reduce inflammation in your body and benefit those with inflammatory conditions ([1Trusted Source](#)).

What's more, the wide array of antioxidants found in the spice, such as cyanidins and phenolic compounds, also have powerful anti-inflammatory properties ([1Trusted Source](#), [10Trusted Source](#)).

One study injected rats with an inflammation-producing solution and then gave some of them nutmeg oil. Rats that consumed the oil experienced significant reductions in inflammation, inflammation-related pain, and joint swelling ([11Trusted Source](#)).

Nutmeg is thought to reduce inflammation by inhibiting enzymes that promote it ([11Trusted Source](#), [12Trusted Source](#)).

However, more studies are needed to investigate its anti-inflammatory effects in humans.

3. May boost libido

Some animal studies show that nutmeg may enhance sex drive and performance.

In one study, male rats that were given high doses of nutmeg extract (227 mg per pound or 500 mg per kg of body weight) experienced significant increases in sexual activity and sexual performance time compared to a control group (13Trusted Source).

A similar study showed that giving male mice this same high dose of nutmeg extract significantly increased their sexual activity compared to a control group (14Trusted Source).

Researchers still aren't sure exactly how the spice enhances libido. Some surmise these effects are due to its ability to stimulate the nervous system, along with its high content of powerful plant compounds (13Trusted Source).

In traditional medicine, such as the Unani system of medicine used in South Asia, nutmeg is used to treat sexual disorders. However, research on its effects on sexual health in humans is lacking.

4. Has antibacterial properties

Nutmeg has been shown to have antibacterial effects against potentially harmful strains of bacteria.

Bacteria like *Streptococcus mutans* and *Aggregatibacter actinomycetemcomitans* can cause dental cavities and gum disease.

A test-tube study found that nutmeg extract demonstrated powerful antibacterial effects against these and other bacteria, including *Porphyromonas gingivalis*. These bacteria are known to cause cavities and gum inflammation (16Trusted Source).

Nutmeg has also been found to inhibit the growth of harmful strains of *E. coli* bacteria, such as O157, which can cause severe illness and even death in humans ([1](#)Trusted Source, [17](#)Trusted Source).

While it's clear that nutmeg has antibacterial properties, more human studies are needed to determine whether it can treat bacterial infections or prevent bacteria-related oral health issues in humans.

5–7. May benefit various health conditions

Although research is limited, studies suggest that nutmeg may have the following effects:

5. **May benefit heart health.** Animal studies show that taking high-dose nutmeg supplements reduced heart disease risk factors, such as high cholesterol and high triglyceride levels, though human research is lacking ([18](#)Trusted Source).
6. **Could boost mood.** Rodent studies have found that nutmeg extract induced significant antidepressant effects in both mice and rats. Studies are needed to determine if nutmeg extract has the same effect in humans ([19](#)Trusted Source, [20](#)Trusted Source).
7. **May improve blood sugar control.** A study in rats showed that treatment with high-dose nutmeg extract significantly reduced blood sugar levels and enhanced pancreatic function ([21](#)Trusted Source).

8. Is versatile and delicious

This popular spice has a variety of uses in the kitchen. You can use it alone or pair it with other spices, such as cardamom, cinnamon, and cloves.

It has a warm, sweet flavor, which is why it's commonly added to desserts, including pies, cakes, cookies, breads, fruit salads, and custards.

It also works well in savory, meat-based dishes, such as pork chops and lamb curry.

Nutmeg can be sprinkled onto starchy vegetables like sweet potatoes, butternut squash, and pumpkin to create a deep, interesting flavor.

What's more, you can add it to warm or cold beverages, including apple cider, hot chocolate, chai tea, turmeric lattes, and smoothies.

If you're using whole nutmeg, grate it with a microplane or grater with smaller holes. Freshly grated nutmeg is delicious on fresh fruit, oatmeal, or yogurt.

Source: <https://www.healthline.com/nutrition/nutmeg-benefits>

Dental Health

Nutmeg oil is used in several dental products. The spice has antibacterial properties that have proven particularly effective against oral pathogens that cause disease and bad breath.

Improved Mood

One study found that nutmeg acted as a potential antidepressant in male rats, and the spice has been used for its invigorating properties in folk medicine.

Better Sleep

A little nutmeg has been shown to aid sleep, both in duration and quality. However, higher quality, human studies are needed to validate this effect.

Nutmeg is rich in fiber, which helps keep the digestive system healthy and prevent blood sugar from spiking.

It's also a source of:

- **Vitamin A**
- **Vitamin C**
- **Vitamin E**
- **Manganese**
- **Magnesium**
- **Copper**
- **Phosphorous**
- **Zinc**
- **Iron**

Source: <https://www.webmd.com/diet/nutmeg-health-benefits-nutrition-uses>

Ginger

10 Health Benefits of Ginger

The first record of ginger being used dates back to 500 BC. Ginger is a plant that originated in Southeast Asia, but the spices that are common in foods come from the root. While ginger adds a lot of flavor to food, it's also been used as an alternative form of medicine throughout history. If you're rooting for a healthier you, consider adding ginger to your diet. Continue reading as we go through the top ten health benefits of ginger. Let's begin!

1. Better Digestion

Ginger helps speed up the digestion process and empty your stomach more quickly. Someone with digestive issues, such as indigestion, ulcers, constipation, and IBS, might find relief by adding it into their regular diet. Studies have shown that those who consume ginger digest twice as fast as those who don't. It increases movement in the digestive tract and promotes healthy enzymes that help break down the foods we eat.

2. Improves Immunity

Gingerol, the bioactive compound found in raw ginger, boosts immunity with its antimicrobial and antifungal properties. Ginger also contains antioxidants and anti-inflammatory properties. The combination of these properties has many benefits. These ginger health benefits and side effects improve coughs, lower fevers, fight off infections, relieve headaches, and ease other symptoms associated with common colds and the flu.

3. Alleviates PMS Symptoms

Menstrual pain is a common symptom during a woman's cycle, but incorporating ginger might make it more manageable. Using ginger during the first three days of your menstrual cycle helps with pain relief, and the anti-inflammatory properties relieve the bloat that is common with PMS.

4. Relieves Nausea and Upset Stomach

One of the most well-known health side effects of ginger is its ability to relieve nausea. Whether it's from motion sickness, migraines, morning sickness, or general stomach problems, ginger helps calm an upset stomach. It does so with its anti-inflammatory properties, better digestive responsiveness, and hormones that regulate blood pressure to calm the body.

5. May Help With Cancer

Studies on ginger have shown that some of the benefits of gingerol may prevent some cancers. While it is not a cure-all, its antioxidant and anti-inflammatory properties help protect your body. Ginger is also a safe option to reduce the symptoms of nausea and pain often associated with cancer treatment. When you're undergoing chemotherapy, adding ginger into your diet helps combat the treatment's side effects of nausea or dizziness.

6. Reduces Pain

Ginger is a natural pain reliever. This makes it an excellent substitute for over-the-counter pain medications. Gingerols act as an anti-inflammatory and work to eliminate compounds in the body that result in pain. Anti-inflammatory properties in ginger reduce the pain associated with arthritis and increase joint mobility. Arthritis sufferers are often prescribed anti-inflammation medication to lessen their symptoms, but ginger works as a natural alternative.

7. Healthier Skin

Ginger improves the health of your skin with antioxidants, increased blood circulation, and antiseptic properties. The antioxidants protect the skin from UV rays and slow the breakdown of collagen, making the skin look younger and tauter. Antiseptic properties improve acne symptoms, and with raw ginger, you can help with scarring caused by acne. Ginger's anti-inflammatory properties also aid in healing irritated skin. Check out some of ginger's other amazing beauty benefits.

8. Weight Loss Aid

Some studies have shown that consuming ginger helps aid in weight loss. Ginger controls insulin levels, boosts metabolism, and aids in workout recovery. Ginger helps with weight loss by giving your metabolism a boost and creating a feeling of fullness to prevent overeating. It isn't a fix-all, but when incorporated with other weight loss efforts, it can supplement your results.

9. Prevents Cardiovascular Disease

In addition to its other properties, ginger also works as a blood thinner, which is beneficial in preventing cardiovascular issues. Blood thinners reduce the risk of blood clots, which lowers your risk of heart attacks or strokes. Another way ginger prevents heart disease is by lowering blood pressure and

cholesterol. The build-up of cholesterol can clog arteries and increase the risk of heart problems. Ginger also improves circulation and lowers blood sugar, which helps the heart stay at peak performance.

10. Improves Brain Function

Chronic inflammation affects your brain over time and may cause it to decline. This may result in cognitive conditions, mental health struggles, or Alzheimer's disease. Ginger reduces inflammation and protects the brain from free radicals due to powerful antioxidants. It also improves memory function by increasing the neurotransmitters in our brain responsible for memory, focus, and reaction time. Ginger even releases dopamine and serotonin to help fight mental illnesses like depression and anxiety.

How to Incorporate More Ginger in Your Diet

If you're wondering how to eat ginger for health benefits, there are many ways to start incorporating it into your diet. Find the method you enjoy and add it to your routine.

1. Ginger Tea

One of the most common ways to consume ginger is in tea. To make ginger tea, you add pieces of chopped or sliced ginger to water and steep it. To add more flavor, include things like honey or lemon. Some brands of premade tea bags offer ginger varieties, though they may not be as beneficial as raw ginger.

2. Spice Up Your Foods

Add minced ginger to meals to reap the benefits and add extra flavor. Ginger works well in stir-fries, soups, and curries. You can even add ginger to desserts or smoothies. Need some ideas? Check out some of our recipes for cooking with ginger.

3. Ginger Juice

A daily shot of ginger juice is one of the most convenient ways to consume ginger. You can make them at home using a juicer. Some people even consume ginger raw for more immediate health benefits, if they don't need to make a full meal or enjoy drinking it.

Source: <https://spiceworldinc.com/health/10-health-benefits-of-ginger/>

1. Contains gingerol, which has powerful medicinal properties

Ginger has a very long history of use in various forms of traditional and alternative medicine. It's been used to aid digestion, reduce nausea, and help fight the flu and common cold, to name a few of its purposes.

The unique fragrance and flavor of ginger come from its natural oils, the most important of which is gingerol.

Gingerol is the main bioactive compound in ginger. It's responsible for much of ginger's medicinal properties.

Gingerol has powerful anti-inflammatory and antioxidant effects, according to research. For instance, it may help reduce oxidative stress, which is the result of having an excess amount of free radicals in the body (1Trusted Source, 2Trusted Source).

2. Can treat many forms of nausea, especially morning sickness

Ginger appears to be highly effective against nausea (3Trusted Source).

It may help relieve nausea and vomiting for people undergoing certain types of surgery. Ginger may also help chemotherapy-related nausea, but larger human studies are needed (4Trusted Source, 5Trusted Source, 6Trusted Source, 7).

However, it may be the most effective when it comes to pregnancy-related nausea, such as morning sickness.

According to a review of 12 studies that included a total of 1,278 pregnant women, 1.1–1.5 grams of ginger can significantly reduce symptoms of nausea.

However, this review concluded that ginger had no effect on vomiting episodes ([8Trusted Source](#)).

Although ginger is considered safe, talk with your doctor before taking large amounts if you're pregnant.

It's recommended that pregnant women who are close to labor or who've had miscarriages avoid ginger. Ginger is contraindicated with a history of vaginal bleeding and clotting disorders as well

3. May help with weight loss

Ginger may play a role in weight loss, according to studies conducted in humans and animals.

A 2019 literature review concluded that ginger supplementation significantly reduced body weight, the waist-hip ratio, and the hip ratio in people with overweight or obesity ([10Trusted Source](#)).

A 2016 study of 80 women with obesity found that ginger could also help reduce body mass index (BMI) and blood insulin levels. High blood insulin levels are associated with obesity.

Study participants received relatively high daily doses — 2 grams — of ginger powder for 12 weeks ([11](#), [12](#)).

A 2019 literature review of functional foods also concluded that ginger had a very positive effect on obesity and weight loss. However, additional studies are needed ([13](#)).

The evidence in favor of ginger's role in helping prevent obesity is stronger in animal studies.

Rats and mice who consumed ginger water or ginger extract consistently saw decreases in their body weight, even in instances where they'd also been fed high fat diets (14Trusted Source, 15, 16).

Ginger's ability to influence weight loss may be related to certain mechanisms, such as its potential to help increase the number of calories burned or reduce inflammation

4. Can help with osteoarthritis

Osteoarthritis (OA) is a common health problem.

It involves degeneration of the joints in the body, leading to symptoms such as joint pain and stiffness.

One literature review found that people who used ginger to treat their OA saw significant reductions in pain and disability (17).

Only mild side effects, such as a dissatisfaction with the taste of ginger, were observed. However, the taste of ginger, along with stomach upset, still prompted nearly 22% of the study participants to drop out.

Study participants received between 500 milligrams (mg) and 1 gram of ginger each day for anywhere from 3 to 12 weeks. A majority of them had been diagnosed with OA of the knee (17).

Another study from 2011 found that a combination of topical ginger, mastic, cinnamon, and sesame oil can help reduce pain and stiffness in people with OA of the knee

5. May drastically lower blood sugars and improve heart disease risk factors

This area of research is relatively new, but ginger may have powerful anti-diabetic properties.

In a 2015 study of 41 participants with type 2 diabetes, 2 grams of ginger powder per day lowered fasting blood sugar by 12% (19Trusted Source).

It also dramatically improved hemoglobin A1c (HbA1c), a marker for long-term blood sugar levels. HbA1c was reduced by 10% over a period of 12 weeks.

There was also a 28% reduction in the Apolipoprotein B/Apolipoprotein A-I ratio and a 23% reduction in malondialdehyde (MDA), which is a byproduct of oxidative stress. A high ApoB/ApoA-I ratio and high MDA levels are both major risk factors of heart disease (19Trusted Source).

However, keep in mind that this was just one small study. The results are incredibly impressive, but they need to be confirmed in larger studies before any recommendations can be made.

In somewhat encouraging news, a 2019 literature review also concluded that ginger significantly reduced HbA1c in people with type 2 diabetes. However, it also found that ginger had no effect on fasting blood sugar.

6. Can help treat chronic indigestion

Chronic indigestion is characterized by recurrent pain and discomfort in the upper part of the stomach.

It's believed that delayed emptying of the stomach is a major driver of indigestion. Interestingly, ginger has been shown to speed up emptying of the stomach (21Trusted Source).

People with functional dyspepsia, which is indigestion with no known cause, were given either ginger capsules or a placebo in a small 2011 study. One hour later, they were all given soup.

It took 12.3 minutes for the stomach to empty in people who received ginger. It took 16.1 minutes in those who received the placebo (22Trusted Source).

These effects have also been seen in people without indigestion. In a 2008 study by some members of the same research team, 24 healthy individuals were given ginger capsules or a placebo. They were all given soup an hour later.

Consuming ginger as opposed to a placebo significantly accelerated emptying of the stomach. It took 13.1 minutes for people who received ginger and 26.7 minutes for people who received the placebo.

7. May significantly reduce menstrual pain

Dysmenorrhea refers to pain felt during the menstrual cycle.

One of the traditional uses of ginger is for pain relief, including menstrual pain.

In a 2009 study, 150 women were instructed to take either ginger or a nonsteroidal anti-inflammatory drug (NSAID) for the first 3 days of their menstrual period.

The three groups received four daily doses of either ginger powder (250 mg), mefenamic acid (250 mg), or ibuprofen (400 mg). Ginger managed to reduce pain as effectively as the two NSAIDs ([24](#)Trusted Source).

More recent studies have also concluded that ginger is more effective than a placebo and equally as effective as drugs such as mefenamic acid and acetaminophen/caffeine/ibuprofen (Novafen) ([25](#), [26](#), [27](#)Trusted Source).

While these findings are promising, higher quality studies with larger numbers of study participants are still needed.

8. May help lower cholesterol levels

High levels of LDL (bad) cholesterol are linked to an increased risk of heart disease.

The foods you eat can have a strong influence on LDL levels.

In a 2018 study of 60 people with hyperlipidemia, the 30 people who received 5 grams of ginger-pasted powder each day saw their LDL (bad) cholesterol levels drop by 17.4% over a 3-month period ([28](#)).

While the drop in LDL is impressive, it's important to consider that study participants received very high doses of ginger.

Many cited a bad taste in the mouth as their reason for dropping out of an OA study where they received doses of 500 mg–1 gram of ginger ([17](#)).

The doses taken during the hyperlipidemia study are 5–10 times higher. It's likely that most people may have difficulty taking a 5-gram dose for long enough to see results ([28](#)).

In an older study from 2008, people who received 3 grams of ginger powder (in capsule form) each day also saw significant reductions in most cholesterol markers. Their LDL (bad) cholesterol levels dropped by 10% over 45 days ([29](#)).

These findings are supported by a study in rats with hypothyroidism or diabetes. Ginger extract lowered LDL (bad) cholesterol to a similar extent as the cholesterol-lowering drug atorvastatin ([30](#)Trusted Source).

Study subjects from all 3 studies also experienced drops in total cholesterol. Participants in the 2008 study, as well as the lab rats, also saw reductions in their blood triglycerides.

9. Contains a substance that may help prevent cancer

Ginger has been studied as an alternative remedy for several forms of cancer.

The anti-cancer properties are attributed to gingerol, which is found in large amounts in raw ginger. A form known as [6]-gingerol is viewed as especially powerful ([31](#)Trusted Source, [32](#)).

In a 28-day study of individuals at normal risk for colorectal cancer, 2 grams of ginger extract per day significantly reduced pro-inflammatory signaling molecules in the colon ([33](#)).

However, a follow-up study in individuals at a high risk for colorectal cancer didn't produce the same results ([34](#)Trusted Source).

There's some evidence, albeit limited, that ginger may be effective against other gastrointestinal cancers such as pancreatic cancer and liver cancer ([35](#)Trusted Source, [36](#)Trusted Source).

It may be effective against breast cancer and ovarian cancer as well. In general, more research is needed.

10. May improve brain function and protect against Alzheimer's disease

Oxidative stress and chronic inflammation can accelerate the aging process.

They're believed to be among the key drivers of Alzheimer's disease and age-related cognitive decline.

Some animal studies suggest that the antioxidants and bioactive compounds in ginger can inhibit inflammatory responses that occur in the brain (39Trusted Source).

There's also some evidence that ginger can help enhance brain function directly. In a 2012 study of healthy middle-aged women, daily doses of ginger extract were shown to improve reaction time and working memory (40Trusted Source).

In addition, numerous studies in animals show that ginger can help protect against age-related decline in brain function.

11. Can help fight infections

Gingerol can help lower the risk of infections.

In fact, ginger extract can inhibit the growth of many different types of bacteria (44Trusted Source, 45Trusted Source).

According to a 2008 study, it's very effective against the oral bacteria linked to gingivitis and periodontitis. These are both inflammatory gum diseases (46Trusted Source).

Fresh ginger may also be effective against the respiratory syncytial virus (RSV), a common cause of respiratory infections.

The bottom line

Ginger is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain.

It's one of the very few superfoods actually worthy of that term.

Source: <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger#6.-Can-help-treat-chronic-indigestion>

Honey

5 Health Benefits of Honey

All the health benefits of honey, how to select the best kind, and creative ways to add honey to meals, drinks, and snacks.

[Honey](#) is an all-natural and readily available option for improving upper respiratory tract infection (URI) symptoms. Several studies have demonstrated that honey possesses significant health benefits—the tasty treat often referred to as liquid gold.

Here's a look at the research on the health-protective powers of honey, how to shop for the best varieties, and ways to incorporate this sweetener into meals, snacks, and drinks.

Treats Upper Respiratory Tract Infections (URI)

Honey may serve as an inexpensive alternative to [antibiotics](#). For example, in a review published in 2020 in the journal [BMJ Evidence-Based Medicine](#), Oxford University researchers looked at 14 previously published studies on honey's effectiveness in relieving URI symptoms.

The researchers found that honey improved both cough frequency and severity compared to usual treatments—like over-the-counter (OTC) medications and antibiotics. Concern over antimicrobial resistance, which is partly linked to overprescribing antibiotics for URIs, prompted the analysis.

Antimicrobial resistance occurs when viruses, bacteria, or fungi stop responding to medications (such as antibiotics) for treatment, according to the [World Health Organization \(WHO\)](#). That's a great concern because it limits the treatment options for URIs and other illnesses.

Likewise, another study published in 2017 in [UIC Today](#) found that honey may hold the key to curbing antimicrobial resistance. The University of Illinois at Chicago scientists discovered that an antimicrobial compound made by honeybees could become the basis for new antibiotics.

Fights Metabolic Syndrome

Honey may help people with metabolic syndrome (MetS). Metabolic syndrome is a cluster of risk factors for heart disease and diabetes. According to the [National Library of Medicine](#), to be diagnosed with MetS, you must have at least three of five conditions:

- A waistline between 35 to 40 inches
- High blood pressure
- High levels of triglycerides (a type of fat) in the blood
- Low [HDL, or "good," cholesterol](#) (helps remove cholesterol from your arteries)
- High blood sugar

Luckily, honey may help to improve those conditions. An article published in 2018 in the journal [Nutrients](#) reviews the protective effects of honey for metabolic syndrome. The article describes the following ways honey may be beneficial for people who have MetS:

- **Keeps blood sugar low:** First, honey has a lower glycemic index than sugar, so it doesn't trigger a spike in [blood sugar](#) and insulin levels and helps enhance insulin sensitivity. Honey has also been shown to prevent excessive weight gain, although it should be consumed in moderation.
- **Improves lipid metabolism:** Honey lowers the level of triglycerides in the blood and total cholesterol and LDL, or "bad," cholesterol, while increasing HDL cholesterol. Cholesterol is a substance in your body, according to the [National Library of Medicine](#). If you have too much cholesterol, it can build up and cause heart problems.
- **Reduces oxidative stress:** According to the 2018 [Nutrients](#) article, honey's antioxidative properties also help reduce oxidative stress, a mechanism in metabolic syndrome. In a nutshell, oxidative stress is an imbalance between the production of cell-damaging free radicals and the body's ability to counter their harmful effects, according to another article published in 2017 in the journal [Oxidative Medicine and Cellular Longevity](#).

For those reasons, the 2018 [Nutrients](#) article concludes that there is strong potential for honey to be integrated into the management of MetS, both preventatively and therapeutically.

Prevents Artery Hardening

Honey may have the ability to combat artery hardening, also known as atherosclerosis.

According to an article published in 2019 in [Nutrients](#), honey contains over 180 substances—including natural sugars and many vitamins, minerals, and phytochemicals. In addition to its ability to counter oxidative stress, honey's antioxidant and anti-inflammatory compounds are the key factors responsible for its protective benefits against artery hardening.

Supports a Healthy Gut

A 2017 review published in the journal [Integrative Medicine Insights](#) note honey's use in complementary medicine.

The review states that honey possesses [prebiotic](#) properties. Prebiotics help ferment beneficial gut bacteria, including bifidobacteria and lactobacilli. The researchers link that shift to stronger immune function and enhanced mental well-being.

Provides Nutrients

In addition to its natural sugar and antioxidants, honey contains some nutrients, according to an article published in 2017 in the journal [Pharmacognosy Research](#).

For example, while the amounts are small per serving, 31 minerals have been found in honey—including phosphorus, calcium, potassium, and [magnesium](#).

In short, honey won't supply a large percentage of nutrients in your diet, but it's certainly not empty calories. Plus, researchers are still learning about the functional benefits of its complex makeup.

Source: <https://www.health.com/food/health-benefits-honey>

Honey is essentially pure sugar, with no fat and only trace amounts of protein and fiber. It contains small amounts of some nutrients, but most people typically don't consume enough honey for it to be a significant dietary source of vitamins and minerals.

Still, it's worth noting that honey is rich in health-promoting plant compounds known as [polyphenols](#).

2. Rich in antioxidants

High quality honey — which is minimally processed, unheated, and fresh — contains many important bioactive plant compounds and [antioxidants](#), such

as flavonoids and phenolic acids. Darker varieties tend to offer more antioxidants than lighter varieties ([2Trusted Source](#)).

Antioxidants help neutralize reactive oxygen species (ROS) in your body, which can build up in cells and cause damage. This damage can contribute to conditions like premature aging, type 2 diabetes, and heart disease ([2Trusted Source](#)).

As such, many of honey's health benefits are attributed to its antioxidant content.

3. Better for blood sugar levels than regular sugar

When it comes to blood sugar management, honey may offer some slight benefits over regular sugar.

Although honey raises your blood sugar level just like other types of sugar do, the antioxidants it contains may help protect against metabolic syndrome and type 2 [diabetes](#).

Researchers have found that honey may increase levels of adiponectin, a hormone that reduces inflammation and improves blood sugar regulation ([3Trusted Source](#)).

There's also some evidence that daily honey intake may improve fasting blood sugar levels in people with type 2 diabetes ([3Trusted Source](#))

However, while honey may be slightly better than refined sugar for people with diabetes, it should still be consumed in moderation ([4Trusted Source](#)).

It's also important to know that certain types of honey could be diluted with plain syrup. Although honey adulteration is illegal in most countries, it remains a widespread problem ([5Trusted Source](#)).

4. May improve heart health

Honey may also help prevent heart disease.

According to one review, honey may help lower blood pressure, improve blood fat levels, regulate your heartbeat, and prevent the death of healthy cells — all factors that can improve your heart function and health ([6Trusted Source](#)).

One observational study including over 4,500 people over age 40 associated a moderate honey intake with a lower risk of high blood pressure among women ([7Trusted Source](#)).

Plus, a study in rats promisingly showed that honey helped protect the heart from oxidative stress ([8Trusted Source](#)).

Additionally, raw honey typically contains propolis, a type of resin that bees produce from sap-producing trees and similar plants. Propolis may improve cholesterol and triglyceride levels ([9Trusted Source](#)).

All told, there's no long-term human study available on honey and [heart health](#). More research is needed to better understand honey's effects on heart health.

5. Promotes burn and wound healing

Topical honey treatment has been used to heal wounds and burns since ancient Egypt. The practice is still common today.

A review of 26 studies on honey and wound care found it most effective at healing partial-thickness burns and wounds that have become infected after surgery ([10Trusted Source](#)).

Honey is also an effective treatment for diabetes-related foot ulcers, which are serious complications that can lead to amputation.

One study including people with diabetes-related foot ulcers reported a 43.3% success rate with honey as a wound treatment. In another study, topical honey healed an impressive 97% of participants' diabetes-related ulcers ([11Trusted Source](#)).

Researchers theorize that honey's healing powers come from its antibacterial and anti-inflammatory effects ([12Trusted Source](#)).

What's more, it may help treat other skin conditions including psoriasis and herpes lesions ([13Trusted Source](#), [14Trusted Source](#)).

[Manuka honey](#) is considered especially effective at treating burns. However, if you have a severe burn, you should seek medical attention immediately

6. May help suppress coughing in children

Coughing is a common problem for children with upper respiratory infections. These infections can affect sleep and quality of life for both children and parents.

However, common cough medications are not always effective and can have side effects. Interestingly, honey may be a good alternative, with evidence indicating that it's an effective treatment option ([16Trusted Source](#)).

One review of several studies on honey and cough in children found that honey appears to be more effective than diphenhydramine for cough symptoms. It may also help reduce cough duration ([17Trusted Source](#)).

Another review noted that it may also improve sleep quality among children with coughs, as well as their parents. Further, unlike some cough medicines, honey doesn't have any side effects ([18Trusted Source](#)).

However, never give honey to children under [1 year of age](#) due to the risk of botulism

7. Easy to add to your diet

Honey is easy to add to your diet.

To get a small boost of antioxidants from honey, you can use it any way that you'd typically use sugar. It's excellent for sweetening plain yogurt, coffee, or tea. You can also use it in cooking and baking.

As a home remedy, it can be applied directly to minor burns or wounds or given orally for coughs.

Remember that you shouldn't give honey to infants under 1 year of age due to the risk of [botulism](#).

Also, keep in mind that honey is a type of sugar, so consuming it will cause your blood sugar levels to rise ([20Trusted Source](#), [21Trusted Source](#)).

Plus, eating large quantities of honey, especially consistently over a long period, can contribute to weight gain and increase your risk of diseases like type 2 diabetes or heart disease. Therefore, stick to a low-to-moderate intake

The bottom line

Honey offers several potential health benefits thanks to the beneficial compounds it contains, such as antioxidants and propolis.

It's a great alternative to sugar, but only consume it in moderation, as it still behaves like sugar in your body.

Also, know that children under 1 year of age shouldn't eat honey, as it's associated with a risk of botulism.

Source: <https://www.healthline.com/nutrition/benefits-of-honey>

Himalayan Salt

What Is Salt?

Salt is a mineral largely consisting of the compound sodium chloride.

Salt contains so much sodium chloride — around 98% by weight — that most people use the words “salt” and “sodium” interchangeably.

Salt can be produced by evaporating salt water or extracting solid salt from underground salt mines.

Before it reaches your grocery store, table salt also goes through a refining process to remove impurities and any other minerals besides sodium chloride.

Anticaking agents are sometimes added to help absorb moisture, and iodine is often included to help consumers prevent iodine deficiency.

Humans have used salt to flavor and preserve foods for thousands of years.

Interestingly, sodium also plays an important role in several biological functions, including fluid balance, nerve conduction and muscle contraction ([1Trusted Source](#), [2Trusted Source](#), [3Trusted Source](#)).

For this reason, it’s absolutely necessary to have salt, or sodium, in your diet.

However, many health professionals claim that too much sodium can lead to high blood pressure and heart disease, although recent research has called this long-held belief into question ([4Trusted Source](#)).

Because of the potential dangers of consuming too much table salt, many people have turned to using pink Himalayan salt, believing it to be a healthier alternative.

What Is Pink Himalayan Salt?

Pink Himalayan salt is a pink-colored salt extracted from the Khewra Salt Mine, which is located near the Himalayas in Pakistan.

The Khewra Salt Mine is one of the oldest and largest salt mines in the world.

The pink Himalayan salt harvested from this mine is believed to have been formed millions of years ago from the evaporation of ancient bodies of water.

The salt is hand-extracted and minimally processed to yield an unrefined product that's free of additives and thought to be much more natural than table salt.

Like table salt, pink Himalayan salt is mostly comprised of sodium chloride.

However, the natural harvesting process allows pink Himalayan salt to possess many other minerals and trace elements that are not found in regular table salt.

Some people estimate it may contain up to 84 different minerals and trace elements. In fact, it's these very minerals, especially iron, that give it its characteristic pink color.

How Is Pink Himalayan Salt Used?

Pink Himalayan salt has several dietary and non-dietary uses.

You Can Eat It or Cook With It

In general, you can cook with pink Himalayan salt just like you would with regular table salt. Put it in sauces and marinades or add it to your food at the dinner table.

Some people even use pink Himalayan salt as a cooking surface. Large blocks of the salt can be purchased and used to grill, sear and impart a salty flavor to meats and other foods.

Pink Himalayan salt can be purchased finely ground just like regular table salt, but it is not uncommon to also find coarse varieties sold in larger crystal sizes.

Considerations for Cooking

Whenever you're measuring any kind of salt by volume, it's important to consider how finely it's ground.

You may need to use larger quantities of coarse salt to match the saltiness of finely ground salt. This is because finely ground salt is packed closer together than coarse salt, so there's more of it in a particular volume.

For example, 1 teaspoon of any type of finely ground salt may contain around 2,300 mg of sodium, while 1 teaspoon of coarse salt will vary based on crystal size but could contain less than 2,000 mg of sodium.

Furthermore, pink Himalayan salt contains slightly less sodium chloride than regular table salt, which you may need to account for when cooking.

Current dietary guidelines in the US recommend that most adults consume no more than 2,300 mg of sodium per day. This is equal to around 1 teaspoon (6 grams) of finely ground salt ([5Trusted Source](#)).

However, when you're using pink Himalayan salt, it's best to check the [nutrition label](#), as sodium content can vary widely, depending on the brand.

Non-Dietary Uses

While pink Himalayan salt has several dietary uses, there are also a number of popular non-dietary uses.

Pink Himalayan salt is used in some bath salts, which claim to improve skin conditions and soothe sore muscles.

Salt lamps are also often made out of pink Himalayan salt and claimed to remove air pollutants. These lamps consist of large blocks of salt with an inner light source that heats the salt.

Additionally, spending time in man-made salt caves formed out of pink Himalayan salt is popular among people seeking to improve skin and respiratory problems.

But the research supporting these three non-dietary uses of pink Himalayan salt is relatively weak. More studies are needed to confirm these claims.

Pink Himalayan Salt Contains More Minerals

Both table salt and pink Himalayan salt consist mostly of sodium chloride, but pink Himalayan salt has up to 84 other minerals and trace elements.

These include common minerals like potassium and calcium, as well as lesser-known minerals like strontium and [molybdenum](#).

One study analyzed the mineral contents of various types of salts, including pink Himalayan salt and regular table salt

Are the Health Claims True?

Despite the fact that pink Himalayan salt only contains tiny amounts of additional minerals, many people still claim that it can provide a number of health benefits.

The truth is, most of these claims do not have any research to support them.

Some of pink Himalayan salt's commonly promoted health claims include that it can:

- Improve respiratory diseases
- Balance your body's pH
- Reduce signs of aging
- Improve sleep quality
- Regulate blood sugar
- Increase libido

Some of the claims related to the non-dietary uses of pink Himalayan salt may be loosely based on research.

The use of salt caves as a treatment for various lung diseases has been evaluated in a few studies. The results suggest that there could be some

benefit, but overall, more rigorous research is needed to investigate their effectiveness ([7Trusted Source](#), [8Trusted Source](#), [9Trusted Source](#)).

On the other hand, some of these health claims are actually just normal functions of sodium chloride in the body, so you'll get these benefits from any kind of salt.

For example, researchers have found that very low-salt diets may contribute to sleeping problems ([10Trusted Source](#)).

This suggests that an adequate amount of salt may be necessary for quality sleep. However, the study did not examine pink Himalayan salt and it is likely a function of the sodium chloride in any salt.

Also, the minerals in pink Himalayan salt are not present in large enough quantities to have any effect on balancing the body's pH. Your lungs and kidneys tightly regulate your body's pH without the help of pink Himalayan salt.

Furthermore, blood sugar levels, aging and libido are all primarily controlled by factors other than the salt in your diet, and there are simply no scientific studies to suggest eating pink Himalayan salt can benefit any of these aspects of your health.

Similarly, there is no research comparing the health effects of pink Himalayan salt and regular table salt. If research did exist, it is unlikely that it would find any differences in their health effects.

The Bottom Line

Given all of the misguided health claims, it's easy to see why some people are confused about which type of salt to use.

But no studies have compared the health effects of pink Himalayan salt and regular table salt. If they were to, it's unlikely that they'd report any differences.

Nonetheless, if you'd like to avoid the additives in regular table salt, pink Himalayan salt is a great natural alternative. But don't expect to see the major health benefits that you might read about online.

And remember that table salt is a major dietary source of iodine, so if you're using pink Himalayan salt, you will need to get iodine from other foods like seaweed, dairy products and fish to help avoid iodine deficiency ([\[1\]Trusted Source](#)).

Finally, pink Himalayan salt is often much more expensive than regular salt. So if you don't mind the additives, using regular table salt should be just fine.

Source: <https://www.healthline.com/nutrition/pink-himalayan-salt>

Lime

The lime is a small, green citrus fruit that grows on trees in warm climates. Limes can be sweet or sour, depending on the variety. Most of the limes you'll find in American grocery stores are a variety known as Persian limes, most of which are imported from Mexico.

While sweet limes aren't commonly available in the United States, Americans may be familiar with the Persian lime's smaller, tart cousin, the Key lime. Whether sweet or sour, limes have many health benefits.

Health Benefits

Citrus fruits can add a tart, zesty kick to almost any food or drink. But what are the health benefits of limes? While most people might only think of limes as a garnish, limes can pack a nutritional punch for your diet.

Here are a few health benefits of limes:

Reduce Inflammation

Limes contain antioxidants, which have been shown to help reduce inflammation and even help prevent certain chronic illnesses.

Protect Against Infection

The high levels of Vitamin C found in limes can help protect you from infection and speed up your body's healing process.

Prevent Kidney Stones

Citrus fruits have been shown to help keep kidney stones at bay. The citric acid in lemons, limes, and other citrus fruits makes it more difficult for kidney stones to form.

Guard Against Stroke

Studies have shown that the flavonoids found in citrus fruit, including limes, may help protect against stroke, especially in women. Still, more research needs to be done into this subject.

Healthy Bones and Teeth

Bone and tooth development can also benefit from the Vitamin C found in limes.

Improve Your Immune Health

Vitamin C is vital to your immune health. Regularly eating limes, which are high in Vitamin C, can even help you stave off the common cold.

Source: <https://www.webmd.com/diet/health-benefits-limes#:~:text=Limes%20contain%20antioxidants%2C%20which%20have,help%20prevent%20certain%20chronic%20illnesses.&text=The%20high%20levels%20of%20Vitamin,up%20your%20body's%20healing%20process.&text=Citrus%20fruits%20have%20been%20shown%20to%20help%20keep%20kidney%20stones%20at%20bay.>

Health benefits of limes

Eating lime fruit or drinking lime juice provides a variety of health benefits.

Good source of antioxidants

[Antioxidants](#) are important compounds that defend your cells against molecules called free radicals. In high amounts, free radicals can damage your cells, and this damage has been linked to chronic conditions like heart disease, diabetes, and many types of cancer ([2Trusted Source](#)).

Limes are high in active compounds that function as antioxidants in your body, including flavonoids, limonoids, kaempferol, quercetin, and ascorbic acid ([3Trusted Source](#), [4Trusted Source](#)).

May boost immunity

Limes are high in [vitamin C](#), a nutrient that may help boost your immune system.

In test-tube studies, vitamin C helped increase the production of white blood cells, which help protect your body against infections and disease ([5Trusted Source](#)).

In human studies, taking vitamin C helped shorten the duration and [severity of colds](#) ([6Trusted Source](#)).

Also, vitamin C could help wounds recover faster by reducing inflammation and stimulating collagen production. Collagen is an essential protein that aids wound repair ([7Trusted Source](#), [8Trusted Source](#)).

Besides vitamin C, limes are a great source of antioxidants, which help strengthen your immune system by defending your cells against free radical damage ([2Trusted Source](#)).

Could promote healthy skin

Limes have several properties that may promote healthy skin.

First, they're high in vitamin C. This vitamin is necessary to make [collagen](#), a protein that keeps your skin firm and strong. A medium-sized lime (67 grams) provides over 20% of the DV for this nutrient ([1Trusted Source](#), [9Trusted Source](#)).

For instance, one older study in over 4,000 women found that those who ate more vitamin C had a lower risk of wrinkles and dry skin as they aged ([10Trusted Source](#)).

Second, limes are high in antioxidants, which may help combat age-related skin changes.

Oxidative stress is a condition resulting from an imbalance between free radicals and antioxidants in your body. It can lead to signs of premature aging.

A mouse study found that drinking a citrus drink positively affected some of these signs by reducing wrinkles and increasing collagen production, for example ([11Trusted Source](#)).

May reduce heart disease risk

Heart disease is the leading cause of death worldwide ([12Trusted Source](#)).

Research shows that limes may reduce several [heart disease risk](#) factors.

For starters, limes are high in vitamin C, which may help lower high blood pressure, according to one older study ([13Trusted Source](#)).

High blood pressure is a major risk factor for heart disease.

Also, vitamin C may protect against atherosclerosis — a disease in which plaque builds up in your arteries, making them narrow ([14Trusted Source](#)).

An animal study found that feeding rabbits lime peels and juice helped slow the progression of atherosclerosis ([15Trusted Source](#)).

May prevent kidney stones

Kidney stones are small mineral crystals that are often painful to pass.

They can form inside your kidneys when your urine is very concentrated or you have high levels of stone-forming minerals, such as calcium, in your urine ([16Trusted Source](#)).

Citrus fruits like limes are high in citric acid, which may prevent [kidney stones](#) by raising levels of citrate and binding stone-forming minerals in the urine ([17Trusted Source](#)).

One study found that people who ate more citrus fruits had a significantly lower risk of kidney stones ([18Trusted Source](#)).

Increases iron absorption

Iron is an essential nutrient needed to make red blood cells and transport oxygen around your body.

Low blood iron levels can cause [iron deficiency](#) anemia. Signs of iron deficiency anemia include fatigue, trouble breathing during exercise, paleness, and dry skin and hair ([19Trusted Source](#)).

People on a vegan or vegetarian diet are at a greater risk of iron deficiency anemia, as plant-based products contain a form of iron that isn't as well absorbed as the iron in meat and other animal products ([20Trusted Source](#)).

Foods high in vitamin C, such as limes, may help prevent iron deficiency anemia by improving the absorption of iron from plant-based foods.

For instance, one study in people following a vegetarian diet found that drinking a glass of lemonade (8.5 ounces or 250 mL) alongside a plant-based meal [increased iron absorption](#) by up to 70% ([21Trusted Source](#)).

May lower your risk of certain cancers

Cancer is a disease characterized by abnormal cell growth.

Citrus fruits have compounds that have been linked to a lower risk of certain [cancers](#) ([22Trusted Source](#)).

In particular, flavonoids — which act as antioxidants — may help stop the expression of genes that promote cancer progression ([23Trusted Source](#)).

Additionally, test-tube studies indicate that citrus fruits may suppress the growth or spread of colon, throat, pancreas, breast, bone marrow, lymphomas, and other cancer cells

Source: <https://www.healthline.com/nutrition/limes>

Limes contain antioxidants, which have been shown to **help reduce inflammation and even help prevent certain chronic illnesses**. The high levels of Vitamin C found in limes can help protect you from infection and speed up your body's healing process. Citrus fruits have been shown to help keep kidney stones at bay

Source: <https://www.webmd.com/diet/health-benefits-limes#:~:text=Limes%20contain%20antioxidants%2C%20which%20have,help%20prevent%20certain%20chronic%20illnesses.&text=The%20high%20levels%20of%20Vitamin,up%20your%20body's%20healing%20process.&text=Citrus%20ofruits%20have%20been%20shown%20to%20help%20keep%20kidney%20stones%20at%20bay>.

Cinnamon Sticks

Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help support blood sugar control, protect against heart disease, and reduce inflammation.

Cinnamon is a spice that has been prized for its medicinal properties for thousands of years.

In recent years, modern science has started to confirm many of the potential health benefits associated with cinnamon.

Here are 10 health benefits of cinnamon that are supported by scientific research.

1. Contains powerful medicinal properties

Cinnamon is a spice that is made from the inner bark of trees scientifically known as *Cinnamomum*.

It has been used as an ingredient throughout history, dating back as far as Ancient Egypt. It used to be rare and valuable and was regarded as a gift fit for kings ([1Trusted Source](#)).

These days, cinnamon is affordable and widely available in most supermarkets. It's also found as an ingredient in various foods and recipes.

There are [two main types](#) of cinnamon ([1Trusted Source](#)):

- **Ceylon cinnamon:** This type is also known as “true” cinnamon.

- **Cassia cinnamon:** This is the most common variety today and what people generally refer to as “cinnamon.”

Cinnamon is made by cutting the stems of cinnamon trees. The inner bark is then extracted and the woody parts removed.

When it dries, it forms strips that curl into rolls, called cinnamon sticks. These sticks can be ground to form cinnamon powder.

The distinct smell and flavor of cinnamon are due to the oily part, which is very high in the compound cinnamaldehyde (2).

Scientists believe that this compound is responsible for most of cinnamon’s powerful effects on health and [metabolism](#)

2. Loaded with antioxidants

Antioxidants protect your body from oxidative damage caused by free radicals (5[Trusted Source](#)).

Cinnamon is loaded with powerful antioxidants, including polyphenols (1[Trusted Source](#)).

One study found that cinnamon supplementation could significantly increase antioxidant levels in the blood while reducing levels of markers used to measure inflammation, such as C-reactive protein (6[Trusted Source](#)).

In fact, the antioxidant effects of cinnamon are so powerful that it can even be used as a natural food preservative

3. May have anti-inflammatory properties

Inflammation is incredibly important, as it helps your body respond to infections and repair tissue damage.

However, inflammation can become a problem when it's chronic and directed against your body's own tissues ([8Trusted Source](#)).

Cinnamon may be useful in this regard. Studies show that this spice and its antioxidants have potent [anti-inflammatory](#) properties

4. Could protect against heart disease

Cinnamon has been linked to a reduced risk of heart disease, which is the leading cause of death around the globe ([11Trusted Source](#)).

According to one review, supplementing with at least 1.5 grams (g), or about 3/4 of a teaspoon (tsp.), of cinnamon per day was able to reduce levels of triglycerides, total cholesterol, LDL (bad) cholesterol, and blood sugar in people with metabolic disease ([12Trusted Source](#)).

Another review of 13 studies found that cinnamon could reduce triglyceride and total cholesterol levels, both of which are risk factors for heart disease ([13Trusted Source](#)).

Cinnamon has also been shown to reduce blood pressure when consumed consistently for at least 8 weeks ([14Trusted Source](#), [15Trusted Source](#)).

When combined, all of these factors could help reduce your risk of heart disease.

5. Could improve sensitivity to insulin

Insulin is one of the key hormones that regulate metabolism and energy use ([16Trusted Source](#)).

It's also essential for transporting blood sugar from your bloodstream to your cells ([16Trusted Source](#)).

However, some people are resistant to the effects of insulin. This is known as [insulin resistance](#), a hallmark of conditions like metabolic syndrome and type 2 diabetes ([17Trusted Source](#)).

While more research is needed, some studies suggest that cinnamon may be able to reduce insulin resistance ([18Trusted Source](#), [19Trusted Source](#)).

By increasing insulin sensitivity, cinnamon can lower blood sugar levels and support better blood sugar control.

6. Helps lower blood sugar levels

Cinnamon is well known for its [blood-sugar-lowering properties](#).

Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar through several other mechanisms.

First, cinnamon has been shown to decrease the amount of sugar that enters your bloodstream after a meal.

It does this by interfering with numerous digestive enzymes, which slows the breakdown of carbohydrates in your digestive tract ([20Trusted Source](#), [21Trusted Source](#)).

Second, a compound in cinnamon may mimic the effects of insulin to improve the uptake of sugar into the cells ([22Trusted Source](#)).

Numerous human studies have confirmed the beneficial effects of cinnamon, showing that it can lower fasting blood sugar levels and improve hemoglobin A1c, a marker of long-term blood sugar control ([23Trusted Source](#), [24Trusted Source](#)).

The effective dose is typically 1–6 g, or around 0.5–2 tsp. of cinnamon per day

7. May have beneficial effects on neurodegenerative diseases

Neurodegenerative diseases are characterized by progressive loss of the structure or function of nerve cells ([25Trusted Source](#)).

Alzheimer's and Parkinson's disease are two of the most common types ([25Trusted Source](#)).

Certain compounds found in cinnamon appear to inhibit the buildup of a protein called tau in the brain, which is one of the hallmarks of Alzheimer's disease ([26Trusted Source](#)).

In a 2014 study in mice with Parkinson's disease, cinnamon helped protect neurons, normalized neurotransmitter levels, and improved motor function ([27Trusted Source](#)).

However, these effects need to be studied further in humans.

8. Cinnamon may protect against cancer

Cinnamon has been widely studied for its potential use in cancer prevention and treatment.

Overall, the evidence is limited to test-tube and animal studies, which suggest that cinnamon extracts may protect against cancer ([28Trusted Source](#), [29Trusted Source](#), [30Trusted Source](#)).

It acts by reducing the growth of cancer cells and the formation of blood vessels in tumors and appears to be toxic to cancer cells, causing cell death.

One study in mice with ovarian cancer found that cinnamaldehyde could block the expression of certain proteins involved in cancer growth ([31Trusted Source](#)).

These findings were supported by test-tube experiments, which showed that cinnamaldehyde could reduce the growth and spread of ovarian cancer cells ([32Trusted Source](#)).

However, more research is needed to evaluate the potential anti-cancer effects of cinnamon in humans.

9. May prevent bacterial and fungal infections

Cinnamaldehyde, one of the main active components of cinnamon, may be beneficial against various kinds of infection.

Test-tube studies suggest that cinnamon oil could help kill certain fungi that cause respiratory tract infections ([33Trusted Source](#)).

It may also inhibit the growth of certain bacteria, including *Listeria* and *Salmonella* ([34Trusted Source](#), [35Trusted Source](#)).

Plus, the antimicrobial effects of cinnamon may also help prevent tooth decay and reduce bad breath ([36Trusted Source](#)).

10. May have anti-viral properties

Some research suggests that cinnamon may help protect against certain viruses.

For example, cinnamon extracted from Cassia varieties is thought to be beneficial against HIV-1, the most common strain of HIV in humans ([37Trusted Source](#), [38Trusted Source](#)).

Other studies suggest that cinnamon could also protect against other viruses, including influenza and Dengue, a viral infection transmitted by mosquitoes ([39Trusted Source](#)).