



## “Relieving Muscle Soreness with Ginger”

Researchers at the University of Georgia recently conducted a study wherein 74 volunteers took either a ginger supplement or a placebo for 11 days.

On day eight of the study, participants partook in a muscle-taxing workout. The group that had been taking ginger experienced 25% less post-workout pain than those who had been taking the placebo.

The researchers believe that ginger, a staple in many traditional medicine disciplines, functions chemically in much the same way as anti-inflammatories like ibuprofen and naproxen. But the researchers believe that the spice could provide even more effective pain relief than these drugs, potentially with fewer side effects.

The authors of this study recommend supplementing one's diet with 2 grams of ginger daily.

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