



BUBBIE'S *Did You Know...* HERBAL FACT

Ginger and Digestive Support

A 2020 systematic review and meta-analysis of 14 randomized controlled trials found that ginger (*Zingiber officinale*) may help reduce symptoms of nausea, support healthy digestion, and relieve indigestion, particularly in cases of motion sickness, pregnancy-related nausea, and functional dyspepsia.

Promising short-term evidence

Helps reduce nausea • Soothes the digestive tract
May relieve bloating and indigestion • Supports healthy gut function

Evidence quality was rated moderate; more large, high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Shao et al., *Nutrients* (2020)
Systematic Review and Meta-Analysis of 14 RCTs

Bible Verse

"Give thanks to
the Lord, for He is good;
His love endures
forever."

Psalms 107:1 (NIV)

BUBBIE'S Herbal Tea Recipe

Soothing Ginger Lemon Digestion Tea

INGREDIENTS

- 2 cups water
- 1-2 tsp fresh ginger (sliced)
- 1 tsp dried peppermint leaves (optional)
- 1 tbsp lemon juice (fresh)
- 1 tsp honey (optional)

DIRECTIONS

Bring water to a boil.
Add ginger (and peppermint if using).
Simmer 10-15 minutes.
Remove from heat and add lemon juice
and honey if desired.
Strain and sip warm after meals
to support digestion.

*A warm cup of ginger can go
a long way toward a happier tummy!*

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