How to Make Ginger Water to Treat Migraines, Heart Burn, Joint and Muscle Pain

Ginger is common as a food and also as a medicine around the world.

We all know about its great powers in the last few years. Research suggests that ginger can impart some serious health benefits because is packed with magnesium and potassium.

GINGER is one of our body's natural anti-inflammatory, strengthens heart, and promotes good health. Ginger also improves fasting blood sugar in people with diabetes, great for the immune system.

People in the diet need to drink ginger water frequently, because it may help promote weight loss when combined with exercises and a healthy diet.

Moreover, it's building up skin, teeth, nails and it's so good for hair growth.

Ingredients to prepare ginger water:

2 pieces of fresh ginger.

half of the fresh lemon.

3 cups water.

1 tablespoon of honey.

INSTRUCTIONS:

Grate the ginger. And mix it with water and the juice of half a lemon.

Pour it into a shaker, add 1 tablespoon of honey, and shake well.

Enjoy it every day, You'll see the difference in a few days.