

Get with the Program™

Step 2: Evaluate your GI health

Why we added Ginger Root

Building and maintaining a healthy GI tract is so important, it is often recommended at the start of any new nutritional plan. TyH's *Get with the Program™* (GWTP) begins with probiotics (Acidophilus ES™, David's Probiotics™) and olive leaf extract (Olive Leaf ESE™, Olive Leaf Extract) to balance intestinal bacteria and flora. Digesta-Care 8's enzymes help optimize nutrient breakdown and absorption. Ginger is a well known aromatic bitter that helps improve digestion and reduce nausea among its many other benefits. That's why we added Ginger Root in a supporting role to GWTP – Evaluate your GI health.



Although most strive for an exclusively nutritional approach when managing FMS symptoms some may integrate prescription medications for short term relief (fibro-flare). These drugs can include analgesics (aspirin), anti-inflammatories, antidepressants (tricyclics, SSRIs and SNRIs) and sleep modifiers – a mix that can erode the stomach lining causing GI distress. Chronic pain alone can cause nausea. Ginger is a beneficial herb long known to treat digestive disorders and nausea. Mark Pellegrino, M.D., notes that as a group, fibromyalgics don't tolerate medicines well and often experience nausea as a side effect.¹ *Prescription for Nutritional Healing* lists ginger as protecting the stomach and liver – both become stressed when using multiple medications – as well as useful for bowel disorders and muscle pain.² It's considered a 'warming' herb good for sluggish conditions like poor circulation and digestive disorders. Ginger can even help a GI tract get back on track after ingesting tainted food.³

Fresh ginger has its specific health benefits, but dried ginger contains the powerful shogaols in therapeutic amounts. Dr. Pellegrino states that those with FMS have 2-3 times more substance-P than others. Ginger brings a significant side benefit in reducing chronic pain (FMS, arthritis) by blocking both substance-P as well as COX I and COX II without the side effects of NSAIDs.¹ Findings in a rat study suggest the shogaols in ginger release "neuropeptides inhibiting the release of substance-P which might explain its analgesic effect."⁴ Ginger also helps inhibit chemicals involved in inflammation and pain caused by chronic inflammatory conditions like arthritis.³



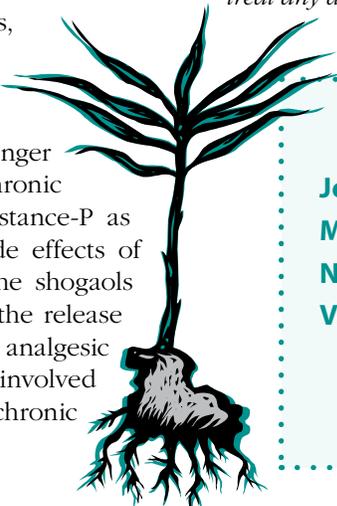
Used for centuries as a medicinal herb, ginger's safety is generally accepted by herbalists and physicians. Therapeutic dosing is 1-2 grams daily, easily obtained in capsule form and considered safe, even for short term use during pregnancy for nausea.³ As with any supplement, discuss possible medication interactions with your physician.

References

1. Pellegrino, M. *Fibromyalgia: Up Close and Personal* pp39, 68 Anadem Publishing Columbus 2004
2. Balch, P. and Balch, J. *Prescription for Nutritional Healing* p. 98 Avery New York 2000
3. Stengler, M. *The Natural Physician's Healing Therapies* p. 209 Prentice Hall Press New York 2010
4. Onogi T, et al. Capsaicin-like effect of (6)-shogaols on substance P containing primary afferents of rats: a possible mechanism of its analgesic action. *Neuropharmacology* 1992 Nov; 31(11):1165-9

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How Much to Take

Joint Pain	1 – 2 g daily*
Motion Sickness	1 g 30 min before travel
Nausea	2 – 4 g daily
Vomiting	500 mg – 2 g as needed

Source: *PDR for Herbal Medicines* ©2004

One gram = 1,000 mg

*Some sources cite 3 - 7g daily