

# True Super-foods

## Ginger

- Treats nausea, improves digestion
- Natural painkiller, reduces muscle soreness
- Supports cardiovascular health
- Reduces inflammation
- Lowers cancer risk



## Turmeric

- Turmeric contains bio-active compounds with powerful medicinal properties
- Anti-inflammatory that is so powerful in repairing chronic disease damage, it matches the effectiveness of prescription drugs
- Improves brain function, lowers risk of brain disease, improves mood & memory
- Lowers risk of heart disease, the #1 killer of Americans
- Prevents & helps treat some cancers
- Antidepressant
- Antioxidant
- Anti aging

