

ginger inspired goodies



Crystallised Ginger info

# My Crystallised Ginger

When I mention crystallised ginger or other ginger products to customers, I receive a wide range of responses. Some recall using it during pregnancy, while others share nostalgic memories of childhood treats. Many mention taking it for motion sickness, enjoying ginger shots, or incorporating it into their cooking and baking. However, those familiar with commercially produced crystallised ginger often find it overly sugary and somewhat off-putting.

So what makes Blasta Delights Ginger Crush Crystallised Ginger different

**1** Why use Peruvian ginger? It has better nutrient concentration and higher levels of gingerol. The criollo variety in Peru is spicier. Some other varieties are Chinese, Japanese, and Fijian. 95% of the ginger grown in Peru is organic. Better farming techniques and enriched soil contribute to the spice levels and quality.

**2** Far less sugar. Sugar content was the main turn off for customers when looking at reviews of commercial crystallised ginger. My crystallised ginger has 27g of sugar per 100g product whilst the other competitors have 75g - 85g per 100g of product. This means my product has less than half the sugar of theirs.

**3** Benefits of taking my crystallised ginger - some of my customers' feedback - *acid reflux & heartburn, motion sickness, nausea. Some have reported that it has helped ease nausea and vomiting associated with cancer treatments\**.

Some other benefits -

- Nausea from pregnancy.
- Pains in joints - so aids arthritis.
- Various forms of inflammation in the body.
- Helps fight infections and builds up immune system.
- Reduces the effects of anxiety and stress due to the antioxidants in the ginger. Helps with serotonin and dopamine levels.
- Good for stomach issues like bloating and indigestion.
- Eases menstrual pain and other pain relief.
- Reduces cancer cell growth as the antioxidants prevent cell damage.
- Also, ginger can ease a variety of symptoms during perimenopause and menopause - read the blog on my website.



\*Please note that these are individual experiences and may not reflect the results for everyone.

## How to take my crystallised ginger?

- the ginger pieces can be just snacked on as is. I take 8-10 pieces if I am not feeling well.
- Use a pestle and mortar to break up. Add to a cup with boiling water. Leave for 8mins to get as much flavour.
- I enjoy the crystallised ginger with some nice dark chocolate or mixed into some homemade trail mix.