**Don’t Use Ginger If You Have Any of These Conditions!**

**  April 14, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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You are surely aware of the numerous medicinal properties of ginger, and the beneficial effects of its use in numerous treatments.

It has excellent effects in the case of digestive disorders, as it is high in enzymes which help digestion and food decomposition, and also [detoxify the body](http://www.healthyfoodhouse.com/detoxify-your-body-immediately-if-you-notice-any-of-these-9-warning-signs/).

Yet, you should also be aware of the fact that there are also cases when people should avoid this root. Despite the potent bioactive compounds and nutrients, it contains, ginger is not beneficial in certain medical conditions.

You should avoid [ginger](http://www.healthyfoodhouse.com/medicine-cup-ginger-garlic-soup-fights-cold-flu-sinus-infection/) in the following 4 cases:

1. **Underweight**

Ginger is high in fiber and boosts the [pH levels](http://www.healthyfoodhouse.com/how-to-balance-your-ph-levels-and-find-out-if-you-are-too-acidic/) in the stomach, as well as the production of digestive enzymes, leading to better fat burning process and reduced appetite, weight loss, poor muscle mass, hair loss, and menstrual irregularities.

1. **Blood Disorders**

This nutritious plant boosts blood circulation and is, therefore, useful in the case of obesity, diabetes, peripheral artery disease or Raynaud’s disease, but not in the case of hemophilia, a condition when the blood has lost its ability to clot. Ginger might even worsen the situation and it neutralizes the effects of the drugs for this condition.

1. **Pregnancy**

Ginger is rich in stimulants which help digestion and support muscle health, but in pregnant women, it can cause premature contraction and labor, so its use during the last trimester of the pregnancy is strictly forbidden, even though it might soothe the morning sickness.

Also, this plant also disrupts the absorption of dietary iron and fat-soluble vitamins.

1. **Certain Medications**

You should also avoid ginger if you take diabetes or high blood pressure medication as if combined with insulin, beta-blockers, and anticoagulants might alter the effects of the drugs. This is due to the fact ginger stimulates blood thinning and reduces blood pressure.

However, you can find some proper ginger replacements if you belong to these 4 risk groups, such as sweet peppers, red paprika, or cayenne pepper. The world-popular nutritionist Milka Raicevic claims that the effects of peppers are similar to those of ginger.

You can even add them to lemonade and prepare an amazing detox drink.

Sources and References:
[healthandlovepage.com](https://healthandlovepage.com/dont-use-ginger/)[Diet of Life](http://www.dietoflife.com/never-use-ginger-conditions-can-cause-serious-health-problems/)[Make Your Life Healthier](http://makeyourlifehealthier.com/4-types-of-people-that-should-never-use-ginger-it-can-seriously-harm-their-health/)