**How To Make Perfect Ginger Water And Treat Joint and Muscle Pain, Migraines, Fever and Heartburn’s**

**  October 10, 2016 | **  [Healthy Drinks](https://www.healthyfoodhouse.com/category/healthy-drinks/), [Natural Remedies](https://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

The medicinal properties of ginger gave been known and used for centuries. This beneficial root is rich in vitamin C, A, and E, and minerals, like copper, manganese, potassium, and magnesium.

Ginger is also believed to block prostaglandins, which cause inflammation, hormonal imbalances, and muscle contractions, which can cause migraines. It effectively calms the stomach and relieves nausea, which are also symptoms of [migraines](https://www.healthyfoodhouse.com/this-is-how-i-stopped-my-migraines-in-just-five-minutes-with-this-unbelievable-drink/).

[Ginger is extremely healthy](https://www.healthyfoodhouse.com/heres-start-drinking-ginger-tea-every-day-prepare-right-way/) and can help in the treatment of various health issues. The high potassium content supports heart health and regulates the blood pressure, while its antioxidants relieve heartburn.

Its active ingredients, gingerols, have potent anti-inflammatory properties which are of great help in the case of muscle and joint pain. Combined with antioxidants, they soothe pain due to conditions such as [arthritis](https://www.healthyfoodhouse.com/can-fight-cure-arthritis-natural-herbs-oils/).

Therefore, we recommend you to prepare the following delicious [ginger recipe](https://www.healthyfoodhouse.com/wrapped-ginger-treats-bad-cough-removes-mucus-lungs-just-one-night-especially-good-kids-recipes-every-occasion/) and treat migraines, muscle pain, joint pain, or heartburn in less than a minute:

**Ginger Water Recipe**

Ingredients:

* 2-inch piece of ginger
* Raw honey
* Half a lemon
* 3 cups water

Instructions:

Initially, use a zester to grate the ginger. Then, add the water and lemon juice. In the end, add honey, and stir well.

Use:

You can drink the ginger water throughout the entire day. Even if you d not have the symptoms listed above, this tasty drink can provide various other health benefits.

Enjoy as many times as you like throughout the day!

Source: [www.baby-kids-parents.com](http://www.baby-kids-parents.com/natural-remedies/658-how-to-make-perfect-ginger-water-and-treat-joint-and-muscle-pain-migraines-fever-and-heartburn-s)