

Disclosure Statement

The following information in this podcast is for educational purposes only, and is not intended to diagnose, treat, cure, or prevent any disease. The statements presented here have not been evaluated by the Food and Drug Administration (FDA). This information is not a substitute for medical advice nor are any products substitutes for prescribed medication. Consult your personal physician or other medical professional for help with diseases. Always consult your medical professional before discontinuing or modifying dosages of any prescribed medication or starting any nutritional supplement program. Any testimonials shared may be from independent distributors that may benefit from the product sales.

Where Do I Start?

Fat Loss: Ketofuel, Burn, Mfinity
More Energy: Zing, Rejuv, Jaava (Kofi)
Immune Support: TruSilvr, Galaxy, MGE, Nutra HG
Radiation/5G Protection/Pain: Emitter, Cation Shields



Bronze:
Ginger, Turmeric,
Mfinity Boost (or Mfinity)



Silver:
Ginger, Turmeric, Mfinity
Boost (or Mfinity) Daily Detox,
VitaZing (formerly Sport & Go)



Gold:
Silver + whatever you want
or need



Whatever products
you need or want
for your health
concern

Proven Benefits of Ginger

- Can treat many forms of nausea, especially morning sickness*
- May help with weight loss*
- Can help with the discomfort of osteoarthritis*
- May support healthy blood sugar
- May improve heart disease risk factors*
- Can help treat chronic indigestion*
- May significantly reduce menstrual pain*
- Contains a substance that may help prevent aberrant cells*
- May improve brain function and protect against Alzheimer's disease*
- Can help fight infections*



Source: <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>

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**The #1 HERB
at helping to
support the
body's ability to
HEAL damage
to the digestive
track is
GINGER.**

Ginger Helps with Proper Digestion

One of the most powerful ginger benefits is its ability to support digestive health and prevent problems like dyspepsia, a common condition of impaired digestion characterized by symptoms like pain, heartburn, fullness and discomfort.

According to a study in the *World Journal of Gastroenterology*, ginger helps speed up the emptying of the stomach by 25 percent compared to a placebo in people with indigestion. ^{*(26)} Another study even found that taking ginger capsules with a meal actually doubled the speed of stomach emptying ^{*(27)}.



^{*(26)} <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016669/>

^{*(27)} <https://pubmed.ncbi.nlm.nih.gov/18403946/>



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Ginger Helps with Nausea

Used historically as a natural remedy for sea sickness and morning sickness, **ginger is perhaps most well-known for its ability to treat nausea and vomiting.**

One review looked at the results of 12 studies comprised of 1,278 pregnant women and found that **ginger was effective at decreasing symptoms of nausea with minimal risk of side effects.** *(4)

A study from the University of Rochester Medical Center showed that **ginger helped reduce nausea severity in patients receiving chemotherapy.** *(5)



*(4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3995184/>

*(5) <https://pubmed.ncbi.nlm.nih.gov/21818642/>

Ginger Eases Menstrual Discomfort

Adverse side effects like pain, period cramps (dysmenorrhea) and headaches are commonly associated with menstruation for many women. While over-the-counter medications can provide symptom relief, natural remedies like ginger can be just as useful at easing menstrual pain.

A study published in the *Journal of Alternative and Complementary Medicine* showed that **ginger reduces menstrual pain as effectively as medications like ibuprofen and mefenamic acid.** ^{*(9)}

Another study reported that **ginger reduces both the intensity and duration of pain.** ^{*(10)}

^{*(9)} <https://pubmed.ncbi.nlm.nih.gov/19216660/>

^{*(10)} <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518208/>



Ginger Supports Healthy Blood Sugar

Research shows that ginger helps promote normal blood sugar.

In a 2015 study, ginger supplementation **reduced fasting blood sugar by 12%** and **improved long-term blood sugar control by 10%.***



[*https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4277626/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4277626/)

Ginger Supports Brain Health

Neurodegenerative conditions like Alzheimer's disease and Parkinson's have been linked to oxidative stress and chronic inflammation in the brain. With its wealth of antioxidants and potent anti-inflammatory properties, ginger is believed to play an important role in the health of your brain.

Animal studies have found that ginger extract **could protect against brain aging and cognitive decline**. ([19](#), [20](#)) A study also found that ginger extract helped improve cognitive function and attention in middle-aged women. ([21](#))



(19) <https://pubmed.ncbi.nlm.nih.gov/23374025/>

(20) <https://pubmed.ncbi.nlm.nih.gov/20952170/>

(21) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3253463/>

“Ginger—an Herbal Medicinal Product With Broad Anti-Inflammatory Actions”

<https://pubmed.ncbi.nlm.nih.gov/16117603/>



The screenshot shows the PubMed.gov interface. At the top, the NIH logo and text 'National Library of Medicine National Center for Biotechnology Information' are visible. Below this is the 'PubMed.gov' logo and a search bar containing 'Search PubMed' with an 'Advanced' link underneath. The article title 'Ginger—an Herbal Medicinal Product With Broad Anti-Inflammatory Actions' is prominently displayed in bold. Above the title, a 'Review' tag and the citation 'J Med Food. Summer 2005;8(2):125-32. doi: 10.1089/jmf.2005.8.125.' are shown. Below the title, the authors 'Reinhard Grzanna¹, Lars Lindmark, Carmelita G Frondoza' are listed, along with 'Affiliations + expand'. At the bottom of the article information, the PMID '16117603' and DOI '10.1089/jmf.2005.8.125' are provided.

“The anti-inflammatory properties of ginger have been known and valued for centuries. During the past 25 years, many laboratories have provided scientific support for the long-held belief that ginger contains constituents with anti-inflammatory properties.”

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Ginger Helps Boost the Immune System

<https://www.theactivetimes.com/fitness/nutrition/benefits-ginger-you-didn-t-know-about>

“**Ginger** is a strong antioxidant that has been shown to naturally **boost the immune system**. It contains vitamins...magnesium, iron, **zinc**, and calcium. Ginger **helps kill cold viruses** and has been said to combat chills and fever. It is also a great detox — ginger root helps relax the intestinal tract and eliminate intestinal gas.”



“Ginger has anti-viral activity against human respiratory syncytial virus”

Journal of Ethnopharmacol, Jan 2013

<https://www.ncbi.nlm.nih.gov/pubmed/23123794>



The tissue culture study found that fresh ginger prevented human respiratory syncytial virus, or HRSV, from attaching to and infecting upper respiratory tract cells. Doses of 300 micrograms per milliliter of fresh ginger stimulated the respiratory cells to secrete an anti-viral protein called interferon-beta.

High Impact Ginger Boost

How our ginger can help you

Our uniquely organic Pink Fijian Ginger may help provide temporary relief of digestion, nausea, sore muscles and is known to provide a metabolic boost. Pristine, pure and boasting a shelf life of two years, enjoy taking one to two capsules daily in our handy on-the-go travel size.

- ▶ **Rare & Proprietary Organic Pink Fijian Ginger**
- ▶ **Hand-cultivated in a mineral-dense, nutrient and vitamin enriched volcanic soil on the private island of Wakaya in Fiji.**
- ▶ **100% USDA and ACO Certified Organic, Non-GMO, Vegan**
- ▶ **Possesses powerful therapeutic benefits**
- ▶ **Packaged in sealed vegetarian gel caps**
- ▶ **Selected in 2012 and 2014 for Oprah's Favorite Things**



Our ginger is soothing, rare and as pink as Wakaya Island's sunsets

Fragrant, potent, pure. You owe it to your health to experience the only ginger grown in paradise. It took five years of searching the Fijian Islands and crossbreeding seeds to craft our very own version of perfection. It's a beautiful bluish pink and as powerful as you can get. It's only grown one place in the entire world—on Wakaya Island—making it a true rare gem to your health.





How Much Should I Use?

Suggested use
3-6 a day.





Turmeric & Ginger help inhibit H1N1 Virus

Journal of Genomics & Informatics, 2016

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5056903/>

“...Natural compounds like curcumin, reported to have strong antioxidant with anti-inflammatory, anti-viral properties; ... allicin (active compounds present in ginger) has been reported to have anti-influenza cytokine”