



# How Is Ginger Beneficial For Pregnant Women?



Promotes blood circulation and can improve blood flow to the baby.



Helps control cholesterol levels and reduces the risk of high cholesterol.



Boosts immunity and helps treat common colds, minor ailments, and persistent coughs.



Improves digestion and prevents bloating and gas.



Helps alleviate heartburn symptoms.



Has anti-inflammatory properties.



Improves the functioning of the circulatory system.



Helps alleviate aches and pains in bones and muscles.