

Boost your immunity with this essential spice

The Manila Times · 21 Jul 2021 · B9

WHAT started out as a home remedy has now grown into a highly regarded immunity booster. Salabat (ginger) has been a staple among generations of Filipino households, commonly used when someone gets the flu or has a cold. But, salabat doesn't just have to be taken when you're feeling under the weather. It is a superfood that actually protects your immunity for the long haul and is even best taken consistently. Its native ginger base, locally called luyang dilaw, is able to provide some serious benefits to your overall health. Here are some reasons why you should include salabat in your diet:

Salabat contains gingerol, a natural antioxidant that fights free radicals, which are linked to causing multiple illnesses, such as diabetes and heart disease. Some studies also show that gingerol can be just as effective as ascorbic acid.

Due to its antimicrobial properties, salabat can help regulate the spread of infection, treat infections and diseases, while making you feel a bit more physically relieved.

Ginger naturally regulates blood pressure levels and eases circulation, through releasing calcium channel blockers and ACE inhibitors.

It soothes digestion and even helps with long-term digestive health problems, such as hyperacidity or acid reflux. Its gingerol content stores polyphenols that relieve your stomach of irritation and contractions.

Make boosting your immunity a daily routine with Sanlo Premium Salabat — made locally with the powerful and spicy taste of true ginger. The aromatic and sweet and spicy taste of Sanlo Premium Salabat will keep