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## 10 Energy-Boosting Tips: Tip 4. Chew on Ginger



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### Tip 4. Chew on Ginger

Feeling like you might nod off at your desk and hoping no one catches you? Hold on--chew on this: **Reed's Ginger** chews. Or add some fresh ginger shavings to your sushi or salad. The compound gingerol that provides that zesty, peppery flavor also boosts oxygen which hurries nutrients to your brain cells making you feel more alert and able to think clearer. Who knew increasing energy could be so sweet?

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