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## VITAMIN G

DAILY HEALTH & FITNESS BLOG

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### Afternoon Snack: Ginger Candy That Works Miracles on Nausea

**Comments (7)**  
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Monday, 08/ 9/2010  
2:05 PM

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I know, I know, candy for a snack post? This is definitely new territory for me. :) But, I recently discovered this amazing, all-natural candy that calms an upset stomach ...



At the end of my rope with pregnancy-induced nausea, I recently picked up a box of **Reed's Ginger Candy** at the store. Ginger has a long and proven track record of zapping nausea (in fact, one study found that ginger had the power to curb hardcore chemotherapy-induced nausea, so imagine what it can do for your measly stomach ache!), so I decided it was worth a try.

Not only did it take the edge off of my nausea, this candy is really good! Yes, it's kind of chewy and will stick to your teeth, but it's also free of artificial colors or flavorings and as natural as it gets.

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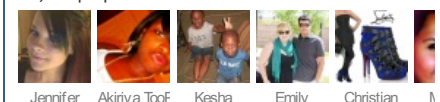
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### Have you tried this candy? Does ginger do the trick for your nausea?

P.S. Need more healthy snack ideas? Check here!

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by Sarah Jio

Categories: [Afternoon Snack](#), [Pregnancy](#)

#### Keywords

diet, diet and nutrition, nutrition, pregnancy, women health, women health care, women health concerns, women health tips



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hell yeah! I love the ginger candy from ginger people too! It's the crystallized baby ginger chews...so good, but definitely an aquired test. Warns your body and soul they say. I gotta try Reeds, I can only get the ginger people candy online or at world market which is not nearby. FYI, do not over-indulge...thins your blood so i've heard.

Posted 8/9/2010 6:29:26pm by [KandyIsDandy](#) [report abuse](#)

So can these help if your nausea isn't pregnancy related? I'm moving to another country in a few weeks and the stress has been building, so now i'm at the anxiety point where the slightest thing sends my stomach into twists.

Posted 8/9/2010 5:36:23pm by [csmgurl10](#) [report abuse](#)

I have horrible nausea all the time, and while these candies aren't miracle workers, they do taste great. I think they may help a tiny bit, so it doesn't hurt to try them. IMO, ginger tea works best.

Posted 8/9/2010 5:21:44pm by [elocin85](#) [report abuse](#)

Thanks guys :) glad to know you love our stuff. We have designed a specific ginger RX remedy drink for nausea packed with B6. Our chews are available at Trader Joes and many health outlets and our RX drink at CVS. <http://www.reedsinc.com/locator/>

Posted 8/9/2010 5:15:25pm by [reedsingbrew](#) [report abuse](#)

I LOVE ginger candy! The ginger people Ginger Chews are absolutely amazing! they make them in spicy apple ginger too which are my favorites. you can get them at natural food stores or in the natural food section of most grocery stores. here's the link: <http://www.gingerpeople.com/ginger-chews/spicy-apple-ginger-chews-1.html>

Posted 8/9/2010 2:45:43pm by [emmie7](#) [report abuse](#)

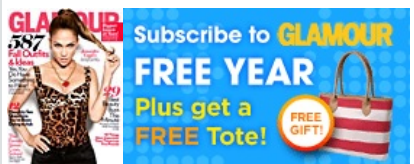
Where can I find ginger candy??

Posted 8/9/2010 2:40:37pm by [rolltidegr109](#) [report abuse](#)

It seems like everyone I know right now is pregnant (I finally had her baby last night after literally 2 weeks in labor!), and I've seen so many of them with ginger candy!

Posted 8/9/2010 1:36:38pm by [vivanashvegas](#) [report abuse](#)

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