

Ginger

Botanical name: *Zingiber officinale*

Energetics/Actions: Hot, carminative, expectorant, antispasmodic, antiviral

Description

Ginger has been used as a spice and medicine around the world for thousands of years. In Traditional Chinese Medicine it is considered to be an herb that “rescues devastated yang” (a great herb for people who feel cold all the time). Ginger is a rhizome that grows underground. It can be peeled and used in many forms, best as a tea, in recipes such as soups and stir fries or in capsules.



Uses

Nausea: Very effective for nausea due to motion sickness or morning sickness.

Menstrual cramps: Useful in combination with herbs like black cohosh and cramp bark.

Sore muscles: Compresses help ease muscle soreness.

Cold symptoms: Ginger tea helps to drain mucus.

Blood sugar regulation: Good evidence for using 2 gm a day. Discuss with your health care provider if you are taking medication for diabetes.

Heart health: Decreases risk of high blood pressure and coronary heart disease with regular use.

Dose

Tea: 1 tablespoon fresh grated herb in 1 cup of water up to 3 times a day

Powdered: 500 mg every 4 hours as needed

Compress: Steep 4 tablespoons in a pint of boiled water for 15 minutes

Safety Information

Do not use if you have gallstones or are taking anticoagulants (medication for blood clots).