

Zingiber officinale

Family: *Zingberaceae* - turmeric, cardamom

Parts: rhizome

Ginger plays a close second to garlic for all of its natural healing benefits just check out how long the healing actions list goes! Not only is this a powerful healing herb, but it also tastes great which makes it easier to take and enjoy. Studies have shown that the healing benefits are the same whether fresh or dried, however dried ginger tends to be more "hot" than fresh.

Properties

Antibacterial, antifungal, anti-inflammatory, analgesic, antispasmodic, antiemetic, antioxidant, antiviral, antimicrobial, carminative, circulatory stimulant, diaphoretic, expectorant, hypotensive, rubefacient.

Energetics: warming, drying

Systems Affected: cardiovascular, immune

Uses

- Use at the onset of any illness
- Cold and flu symptoms
- Poor circulation, cold hands, and feet
- Moves blood, activates brain function, and boosts immune system.
- Sore throat, coughs, tonsilitis, etc.
- Respiratory ailments such as bronchitis, croup, sinus congestion, etc.
- Infections
- Earache
- Joint pain and inflammation
- Heart tonic; reduces cholesterol, lowers blood pressure, prevents clots.
- Cleanses the bowels and kidneys
- Digestive aid; diarrhea, gas, constipation, nausea, motion and morning sickness, etc.
- Gastrointestinal infections and food poisoning
- Lowers blood level triglycerides which helps with diabetes
- Pancreas support also helpful for diabetes
- Ulcers
- Aces and pain throughout the body
- Induces sweating which helps with fever and killing viruses and bacteria.
- PMS and menstrual cramps (warm cup of ginger tea and a ginger bath)
- Support for male and female reproductive systems
- Removes excess toxins from the body

- Nutrients; high in potassium and contains manganese, silicon, vitamins A, C, B-complex, magnesium, phosphorus, sodium, iron, and zinc.

Herb Preparations

- Tea with fresh ginger; this can be made warm for cold weather or chilled for summer months. To make an infusion with ginger combine 6 Tbsp of fresh chopped ginger to 1 quart of water and bring just to a boil then take off heat and cover for 10 minutes.
- For external aches, pains and inflammation, simmer 5 oz of chopped or grated ginger in 2 quarts of water for 10 minutes. Apply to affected area with a cloth and re-apply to keep warm - reddening skin indicates increased circulation.
- Herbal oil; combine the juice of fresh grated ginger with equal parts olive oil. Use for muscle pain, dandruff, and earache. For an earache, put a few drops of the oil on a piece of cotton and insert into the ear.
- Bath and foot soak
- Honey and syrup
- Extract, vinegar, liniment
- Salve
- Powder, capsules, pills, sprinkle, salts
- Poultice (use for cramps, aches, pain, bronchial issues)
- Juiced; apply topically to skin infections or make into herbal beverages
- Food; Indian food always contains ginger; you can add it to any dish.