



**Botanical Name:** *Zingiber officinale*

**Family:** Zingiberaceae

**Energetics:** Warming, pungent

**Taste:** Pungent, aromatic, slightly sweet

**Actions:** Digestive stimulant, anti-inflammatory, carminative, circulatory stimulant, anti-nausea

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Ginger is a warming and aromatic herb traditionally used to support digestion, circulation, and respiratory health. It is effective for nausea, bloating, inflammation, and joint discomfort.

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## Internal Uses

- Digestive support for nausea, bloating, and indigestion
- Circulatory stimulant
- Anti-inflammatory support for joints and muscles
- Relief from colds and mild respiratory issues

## External Uses

- Topical application for sore muscles (infused oil or poultice)
- Aromatherapy for respiratory and circulation support

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## Medication Interactions

- May interact with anticoagulants
- May enhance the effect of blood sugar-lowering medications
- Caution if on anti-inflammatory medications

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## Contraindications

- Pregnancy: generally safe in culinary amounts; medicinal doses under supervision
- Allergy to Zingiberaceae family
- Children: safe in culinary use; caution with medicinal doses

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## Caution & Safety

- Moderate internal doses
- Monitor for digestive upset
- Avoid high doses in combination with anticoagulants without supervision

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## Herbal Pairings

### Blends Well With

- Cinnamon (warming synergy)
- Fennel Seed (digestive synergy)
- Lemon Balm (calming and digestive support)
- Turmeric (anti-inflammatory synergy)

### Avoid Combining With

- Blood-thinning medications in high doses without guidance

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## Possible Side Effects

- Mild digestive upset in sensitive individuals
- Rare allergic reactions
- Heartburn if consumed in excess

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## Forms & Dosage

### Tea / Decoction

- 1-2 tsp fresh or dried root per cup water
- Steep 10-15 minutes
- 1-2 cups daily

### Tincture (1:5)

- 2-4 mL, 1-2 times daily

### Capsules / Powder

- 500-1,000 mg, 1-2 times daily

### External / Infused Oil

- Apply topically to sore muscles or joints as needed



Ginger is a versatile warming herb for digestion, circulation, anti-inflammatory support, and mild respiratory issues. It pairs well with many warming and digestive herbs.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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