

Ginger



Properties:

Antibacterial, antifungal, anti-inflammatory, antioxidant, antiviral, carminative, circulatory stimulant, expectorant, rubefacient.

Medicinal Uses:

- Taking a [ginger bath](#) at the onset of illness will stop it dead in it's tracks.
- Poor circulation, cold hands and feet
- Moves blood, activates brain function and boosts immune system
- Decongestant and expectorant
- Cough, cold and flu
- Sore throat
- Respiratory ailments
- Infections
- Earache
- Arthritis/joint pain (anti-inflammatory)
- Heart Tonic (reduces cholesterol, lowers blood pressure, prevents clots)
- Cleanses the bowels and kidneys
- Digestive aid (diarrhea, gas, constipation)
- Nausea, motion sickness, morning sickness
- Gastrointestinal infections and food poisoning
- Lowers blood level triglycerides (diabetes)
- Pancreas support (also for diabetes)
- Ulcers
- Relieves aches and pains
- Induces sweating which helps with fever and kills 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



Annie's Place

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

Methods of Use:

- Herbal Infusion (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 treating external aches, pains and inflammations, 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.
- Make an herbal oil combining 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.
- Herbal bath and foot soak
- Herbal honey and syrup
- Tincture and vinegar
- Salve
- Herbal sprinkles and salt
- Herbal pills and capsules

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.