Ginger

What is it?

Ginger (Zingiber officinale) is well known as a delicious culinary food and spice. It is used medicinally for nausea, vomiting, indigestion, and intestinal cramping. Its medicinal properties are so wide that it also has anti-inflammatory and antiviral properties, as well as warming properties for the circulation. While it is most effective for gastrointestinal symptoms it also can aid in coughs, colds, and arthritis.

How much do I take?

In extract form (capsule) the usual dose is 500mg 1-2 times daily. Smaller doses can be taken regularly throughout the day as a tea or a ginger chew.

Is it safe?

Ginger may cause heartburn in very high doses. It is also not safe in high doses in women who are pregnant. Please consult your provider before starting it if you are pregnant. Otherwise, ginger is very safe and well tolerated.

Quality is very important when choosing over the counter supplements or herbs. If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!

How To Make Ginger Tea:

Use 1 square inch of whole fresh ginger root.

Chop into small pieces and add to 8-12 ounces of water in a pot.

Cover and bring to a simmer (not a boil) for 10 minutes.

Strain and pour into a mug.

Optionally add lemon and honey.

ENJOY!