

Ginger

ZINGIBER OFFICINAL

In traditional Chinese medicine, ginger is used in conditions where the body cannot handle internal and external moisture. Diarrhea from an upset stomach or excess mucus due to colds and flu are instances of internal moisture. External damp conditions in the winter aggravate circulatory concerns such as arthritis and rheumatism. Ginger is a warming oil that is good for both.

COUNTRY OF ORIGIN

Native to southern Asia, countries such as China, Madagascar, and India

EXTRACTION METHOD

Steam Distillation

PLANT PART

Rhizome Root

BOTANICAL FAMILY

Zingiberaceae

CHEMICAL FAMILY

Sesquiterpenes, Monoterpenols, Aldehydes and Oxides

AROMA

Spicy, Sweet, Warm

NOTE

Base-Middle

SAFETY

- No known contraindications.
- May cause irritation for those with sensitive skin.

Though non-toxic, use in low dilution when applying to the skin, such as in baths or massage oils.

THERAPEUTIC PROPERTIES

The high sesquiterpene content contributes to the anti-inflammatory and pain-relieving effects of Ginger. It also provides pain relief, alleviates inflammation, destroys bacteria, reduces the severity of nausea and vomiting, assists with gas, promotes perspiration allowing the skin to eliminate waste, helps remove mucus from the respiratory system, and warms the area by generating increase blood flow and circulation.

ANALGESIC	ANTIEMETIC	LAXATIVE
ANTI-OXIDANT	CARMINATIVE	RUBEFACIENT
APHRODISIAC	DIAPHORETIC	STIMULANT
ANTI-INFLAMMATORY	DIGESTIVE	TONIC
ANTIBACTERIAL	WARMING	DECONGESTANT
ANTISEPTIC	EXPECTORANT	NEUROTONIC
ANTISPASMODIC	FEBRIFUGE	

BODY SYSTEMS

CIRCULATORY

COLDS & SINUS INFECTIONS

DIGESTIVE

NAUSEA AND MORNING SICKNESS

LIMBIC

ANIXETY, DEPRESSION, AND NERVOUS TENSION

MUSCULAR

ACHES & PAINS

NERVOUS

VERTIGO, ALCOHOL ADDICTION, BRAIN SUPPORT & MEMORY



BODY SYSTEMS (CONT.)

RESPIRATORY

CONGESTION AND SINUSITIS, COLD, FLU, AND SORE THROAT

REPRODUCTIVE

CRAMPS

SKELETAL

SPRAINS AND BROKEN BONES

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