

respiratory infections. Ginger relieves pain, stimulates immune activity, reduces inflammation, and stimulates sweating, thus helping lower fevers.

Like many traditional fever herbs, it is specific against malaria. It is anticramping and reduces or eliminates diarrhea, making it highly useful for dysentery. It is an antinausea herb, helping to prevent vomiting. Since it stimulates peripheral circulation, it is warming to the extremities and helps prevent the kinds of chills associated with malaria, colds, and flus.

One of its clinical uses is for burns. The juice of fresh ginger, soaked into a cotton ball and applied to burns, acts as an immediate pain reliever (even on open blisters), reduces blistering and inflammation, and provides antibacterial protection against infection.

It has a wide range of action in the human body, having been found effective in the treatment of cataracts, heart disease, migraines, stroke, amenorrhea, angina, athlete's foot, bursitis, chronic fatigue, colds and flu, coughs, depression, dizziness, fever, infertility, erection problems, kidney stones, Raynaud's disease, sciatica, tendinitis, and viral infections.

Preparation and Dosage

May be taken as tea, in capsules, as tincture, or in food.

Tea: Fresh root — 1 ounce (25 g) steeped for 5 minutes in 8 ounces (237 ml) water. Dried root — 1½ teaspoons in 8 ounces (237 ml) water, simmered for 10 minutes. During acute episodes, drink throughout the day.

Capsules: Grind herb to powder and encapsulate; take 3 capsules 3 times a day as stimulant to circulatory and immune systems. During acute episodes, take up to 25 capsules a day.

Tincture: Fresh root 1:2 with 95 percent alcohol, 10 to 20 drops up to 4 times a day. Dried root (not as good) 1:5 in 60 percent alcohol, 20 to 40 drops up to 4 times a day.

Food: In everything and anything, often.

Enjoying Ginger

Two of the best ways to take ginger as food are pickled ginger, often served along with sushi in Japanese restaurants, and candied ginger root slices. Both make great snacks, can be eaten in large quantities, and are a healthy stimulant for the system.