



Ginger - <i>Zingiber officinale</i>	
Description	Ginger is native to India, China, Jamaica and other tropical areas, where its use as a culinary spice spans at least 4,400 years. Ginger grows in fertile, moist, tropical soil.
Traditional Use	Ginger is a popular stomach-settler and has been popular for thousands of years as a treatment for digestive problems ranging from mild indigestion and flatulence to nausea, vomiting and travel sickness. It has also been used to relieve symptoms of colds and arthritis due to its anti-inflammatory properties.
Commercial Availability & Dosage	Ginger is available in raw root form and in tablets and capsules. Drink up to four cups of ginger tea per day for colds (make with freshly grated ginger root). Use ginger oil mixed with a neutral oil to rub on areas of muscular pain. Up to 250mg ginger four times a day may help to relieve morning sickness during the first two months of pregnancy.
Precautions / Contra-Indications	Do not take large amounts of ginger on an empty stomach. Chemotherapy patients should not take ginger on an empty stomach. Ginger in high doses is not recommended for children under 6years ¹ .
Pregnancy & Breastfeeding¹	Up to 2grams per day of dried ginger root (or equivalent) is suitable to be taken during pregnancy and breastfeeding.
Adverse Effects¹	Gastric irritation, heartburn and bloating have been reported.
Interactions¹	Ginger in doses above general dietary intake is not recommended to be taken along side warfarin and other anti-platelet (blood thinning) medications.
References	1. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.