

Ginger Fact Sheet



The Home Sanctuary

Latin Name-Zingiber officinale

Botanical Family:- Zingiberaceae

Common Name-Ginger

Properties

Immune system support

Bone health

Improve respiratory conditions

Reduce digestive upset

Weight loss aid

Physical Features: Ginger is a tropical plant with green leaves. The rhizome also called ginger root is well known around the world as an aromatic culinary spice.

Growing-Ginger is a slow grower and takes 2-3 years before it is ready to harvest. It is grown in tropical areas but can be grown in the summer and brought inside the house or a greenhouse during the winter. If you buy ginger from the grocery store and want to plant it be to soak the root in warm water over night to remove any growth

retardant. Plant in a wide pot (ginger grows horizontally) in rich, well drained soil.

Benefits-Ginger is high in gingerol, bioactive compound with anti-inflammatory and anti-oxidants. It can help prevent nausea and indigestion. According to studies, ginger can help with weight loss and reducing waist to hip ratios. Other studies have shown it to be effective in reducing symptoms of osteoarthritis. In 2015, research found ginger to lower blood sugar levels and improve risk factors for people with type 2 diabetes. There have even been studies that prove promising for helping with cancer, alzheimer's and fighting infections.

Preparation and Dosage- Ginger can be used in many culinary dishes like soups and stir fried. You can drink it hot in a tea or dried and powdered and put into capsules. Doctors recommend taking 3-4 grams a day for health benefits.

Safety-Ginger should not be consumed by children under the age of 2. Use caution if pregnant or nursing. It is always wise to consult your doctor first. If you are having an emergency or severe illness please call your doctor immediately.

Disclaimer-*I am not a doctor or certified herbalist. This is a basic reference guide meant to encourage you on your journey to learning about natural remedies. These statements have not been evaluated by the FDA and not intended to diagnose, treat or cure any illness.*

References:

Practical Herbalism Ordinary Plants with Extraordinary Powers by Philip Fritchey,
MH, ND, CNHP

www.earthlywellness.com

<https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>