

GINGER ROOT

Zingiber officinale



Essential Singles

Its sharp, pungent, slightly citrus-like scent excites the senses. Its warming and energizing qualities are good to use for loneliness and winter depression. In fact, it's used as an aphrodisiac due to its exotic aroma.

**ENERGIZING,
ANTI-DEPRESSANT,
NAUSEA RELIEF**

Has been shown to be good for nausea. The British medical journal, *Lancet*, reported Ginger Root was more effective than the popular antihistamine drug Dramamine for preventing motion sickness; and unlike the drug, it doesn't leave you feeling sluggish.

Historically known for its ability to kill intestinal parasites, Ginger Root has long been used in Japan and parts of Africa for this purpose, and scientific research now supports this.

The 40+ constituents in Ginger Root have been shown to kill roundworms and other parasites more effectively than commonly-prescribed commercial antiparasitic preparations.

Shown to be well suited to help ease colds, flu, nausea, motion sickness, muscle aches and pains, as well as poor circulation and arthritic pain.

Available in: 10ml Bottle

daily uses

BATH

- Add 10-15 drops to warm bath. May help with arthritis, lethargy, nausea, colds, flu, muscle aches, poor circulation, and digestive upsets.

DIFFUSION

- Diffusing Ginger Root can help relieve catarrh, lethargy, nausea, colds, flu, feeling of loneliness, and loss of libido.

INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed.

INTERNAL

- Ginger Root is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is used in the food industry.
- 2 drops Ginger Root, 1 drop Peppermint, and 5 drops carrier oil in a veggie capsule taken 3 times daily can bring relief from nausea, morning sickness, stomach cramps, etc.
- Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.
- Add 1 drop to a teaspoon of honey and stir into warm water for a tasty, effective, and soothing tea.

TOPICAL

- May apply to the colon reflex points on the feet. Add to cream or lotion to aid with arthritis, muscle aches, poor circulation, and disperse bruises.

RESPONSIBLE CAUTIONS

Not generally toxic and has no particular contraindications. It is non-irritant and non-sensitizing (except when used in high concentrations); however, for those with particularly sensitive skin, could cause a mild dermatitis. Limit the exposure of skin to the sun when applying this oil.

attributes

PRODUCING ORGAN

Root

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

China

PROPERTIES

Analgesic, anti-emetic, antiseptic, antispasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific and tonic.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

