

Ginger Root

zingiber officinale 10ml

Ginger Root has been used for centuries in India, China, and Japan for its medicinal properties and is featured prominently in those traditional cuisines. The ancient Egyptians grew Ginger Root and used it both medicinally and in cooking as well.*

Ginger Root is one of the best remedies for nausea; especially motion and morning sickness. The British medical journal *Lancet* reported ginger more effective than the popular antihistamine drug Dramamine for preventing motion sickness, and unlike the drug, Ginger doesn't leave you feeling sluggish. It can be used in a 2% massage blend, although Ginger teas are both effective and tasty.*

Ginger Root acts as a general tonic for fatigue and as a sexual tonic for impotence. It is a digestive stimulant effective for constipation, loss of appetite, sluggish digestion, and nausea.*

uses

aromatic

- **Diffusion:** Diffuse 10-12 drops in a cool mist Essential Oil diffuser.*
- **Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*

bath

- **Bath:** Add 10-15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water. May support and assist the body with arthritis, lethargy, nausea, colds, and flu.*

internal

- **Internal:** 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.*
- **Tea:** Add 1 drop to a teaspoon of honey and stir into warm water for a tasty, effective, and soothing tea.*

topical

- **Massage/Lotion:** Add 10-20 drops to cream or lotion to aid with arthritis, muscle aches, poor circulation, and dispersing bruises.*
- **Reflex Points:** Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
 - **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Root

Extraction: Steam Distillation

Country of Origin: China

Main Chemical Constituents: gingerin, gingerol, gingerone

Therapeutic Properties: Analgesic, antioxidant, antiseptic, antispasmodic, antitussive, aperitif, aphrodisiac, bactericidal, carminative, cephalic, diaphoretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic

responsible cautions

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- May be slightly photo-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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