

Ginger (*Zingiber officinale*)

Other Common Names:

Ginger comes from tropical Asia.

Origin:

Ginger is under the dominion of Mars (a symbol of force and virility) and it consequently activates willpower, initiative and determination. Ginger can restore the exhilaration of achievement.

What's in it?




Volatile oils, phenols, oleoresins, aliphatic aldehydes, monoterpenes, sesquiterpenes, ketones, esters and oxides.

Are all Ginger remedies the same?

Ginger varies slightly in its action depending on how one takes it: as a tea, spice in food, tincture or essence.

How does it work?

It is best taken at a dose of 5 drops up to 6 times a day under tongue or as needed. For more acute conditions, take 30 drops 2-3 times a day in water.

Problem	Women	Men
Poor circulation.		
Indigestion.		
Motion sickness.		
Antiviral (colds/flu).		
Bronchitis.		