# Wild Ginger (Hedychium gardenerianum)

# Other Common Names:

Ginger Blossom.

# Origin:

Native to Africa.

#### Origin description:

This plant helps us grow in our ability to give and receive love. It fosters qualities of patience, tranquility, invulnerability and stability. It helps us honour our one on one relationships to our full capacity, helps integration with self and releasing old patterns.

## What's in it?

Volatile oils, tannins, saponins.

## How does it work?

Ginger blossom works best in an essence form as it works largely on the etheric and emotional levels. It works with opening human being up to love.

This particular preparation is best taken at a dose of 3 drops under the tongue up to 5 times/day or as needed.

Problem	Women	Men
Poor integration.	<b>\(\begin{array}{c} \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\</b>	<b>&gt;</b>
Low energy.	<b>&gt;</b>	<b>&gt;</b>
Blocked heart center.	<b>&gt;</b>	<b>&gt;</b>
Stomach troubles.	<b>&gt;</b>	<b>\(\begin{array}{c} \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\</b>
Relationship problems.	<b>&gt;</b>	<b>&gt;</b>
Blocked joy.	<b>&gt;</b>	8