

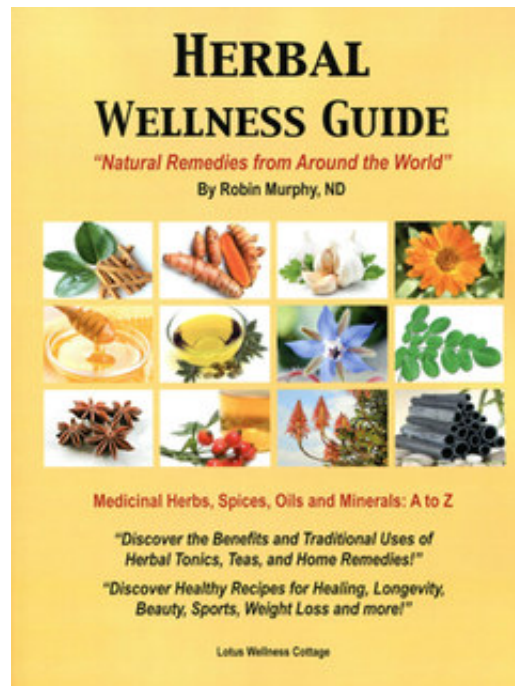
# Robin Murphy Herbal Wellness Guide

Leseprobe

[Herbal Wellness Guide](#)

von [Robin Murphy](#)

Herausgeber: Lotus Health



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## GINGER ROOT (Zingiber Officinale)



### Ginger Root - Profile

**Botanical Name** - Zingiber Officinale.

**Common Names** - Ginger. Jamaican ginger, Indian Ginger, gan-jiang, sheng-jiang, African ginger, black ginger, zingiber officinale.

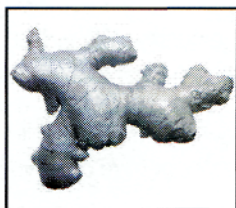
**Description** - Ginger is a tuber that is consumed whole as a delicacy, medicine, or spice. It is the rhizome of the plant Zingiber officinale. It lends its name to its genus and family (Zingiberaceae). Other notable members of this plant family are turmeric, cardamom, and galangal.

**Nutrition** - This herb root only has 80 calories per 100 g and contains no cholesterol. Nonetheless, it composes many essential nutrients and vitamins such as pyridoxine (vitamin B-6), pantothenic acid (vitamin B-5) that are required for optimum health. Ginger is known to contain volatile oils (including borneol, camphene, citral, eucalyptol, linalool, phenllandrene, zingiberine and zingiberol phenols (gingerol, zingerone and shogaol) and resin.

**Actions** - Anti-inflammatory, anti-bacterial, carminative, anti-flatulent, and anti-microbial properties. Ginger is anti-viral and makes a warming cold and flu remedy.

**Clinical** - Arthritis. Asthma. **Bad breath.** Bronchitis. **Chills.** **Colds.** Colic. Coughs. **Diarrhea.** Dyspepsia. Fevers. Flatus. **Food, poisoning.** Gastrointestinal, problems. Headaches. Heartburn. **Indigestion.** Influenza. Joint pain. **Menstrual cramps.** **Motion sickness.** **Nausea.** Osteoarthritis. Rheumatism. Sinusitis. Stomach, cramps. Toothaches. **Vomiting.** **Water, poisoning.**

**Preparations** - Dried, peeled rhizome, chopped. Teas, tinctures, encapsulations, in herbal formulas, and in cooking.



## Ginger Root

**History** - Ginger has an ancient history. It is possible that as long as 5,000 years ago, spice caravans were carrying dried Ginger from India to the Middle East. Ginger is one of the best known of spices and it is believed that its' medicinal properties have been known in China for thousands of years. Indeed, the plant was mentioned in Emperor Shen Hung's Pen Tsao Ching (The Classic Book of Herbs), which he wrote in 3000 BCE.

Ginger is well known as a remedy for travel sickness, nausea and indigestion and is used for wind, colic, irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, dyspepsia (bloating, heartburn, flatulence), indigestion and gastrointestinal problems such as gas and stomach cramps.

Ginger is a powerful anti-inflammatory herb and there has been much recent interest in its use for joint problems. It has also been indicated for arthritis, fevers, headaches, toothaches, coughs, bronchitis, osteoarthritis, rheumatoid arthritis, to ease tendonitis, lower cholesterol and blood-pressure and aid in preventing internal blood clots.

Ginger may also be taken orally as a herbal remedy to prevent or relieve nausea resulting from chemotherapy, motion sickness, pregnancy, and surgery. It is highly effective in combating nausea - whether due to pregnancy, travel or following an anesthetic.

Ginger stimulates the circulation and is therefore beneficial for circulatory complaints including poor blood supply to the hands and feet and for chilblains. It acts as a warming expectorant to encourage productive coughing and relieves sore throats when used as a gargle.

Ginger has antiseptic and anti-parasitic effects: it is useful for bacterial infections if the digestive tract.

Ginger can be freshly grated and used in cooking. It is also available as a supplement which can be taken on a daily bases. Chopped ginger is used to treat "wetter" conditions, such as treating or preventing infections, while powdered ginger is used to treat "drier" conditions, such as allergy, asthma.



## Ginger Root

**Anti-bacterial** - Zingerone, a chemical compound which gives pungent character to the ginger root, is effective against E.col induced diarrhea, especially in children.

**Anti-inflammatory** - Studies have shown that ginger inhibits the production of cytokines, which promote inflammation. When used externally, it has an anti-inflammatory action and is a useful base in many preparations for treating muscle strains, joint sprains and muscle pain.

**Anti-spasmodic** - Ginger relaxes all types of muscle.

**Aromatic**- Gingers' aroma, flavor and warmth help to stimulate the digestive system.

**Athlete's foot** - Ginger contains many anti-fungal compounds which make it a popular herb for treating athlete's foot.

**Cancer** - Ginger root contains an anti-cancer fighting agent, which helps to cure cancer naturally by destroying the cancerous cells. According to studies ginger is effective against skin, colon, ovarian and breast cancers.

**Carminative**- The volatile oils in Ginger relax the stomach and stimulate peristalsis (the wavelike motion of food through the gut) thereby supporting digestion and reducing gas.

**Circulation** - Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat.

**Colds** • The ginger root has also been used to treat some of the symptoms of common cold and flu such as loosening phlegm and treating chills. Boil a teaspoonful of ginger powder in one quart of water and inhale the steam - helps alleviate colds.

**Diabetes** - Herbalist recommend some drinking ginger in water first thing in the morning to help regulate your glucose level.

**Digestion**- Ginger has been used to treat common gastrointestinal complaints such as flatulence, indigestions and diarrhea. Ginger promotes gastric secretion and is excellent for many kinds of digestive complaints, including indigestion, colic and wind.

**Diaphoretic** - Ginger induces perspiration and the elimination of toxins through the skin.

**Fevers** • In fevers, Ginger is able to induce sweating, thereby helping to reduce body temperature.

**Gingerols** - Gingerols help improve the intestinal motility and have been anti-inflammatory, painkiller (analgesic), nerve soothing, anti-pyretic as well as anti-bacterial properties.

**Headaches** - Dilute a paste of ginger powder, about 1/2 a teaspoon, with water and apply to you forehead.

**Heart**- Heart health is another benefit of ginger use. It has been shown to slow the production of LDL and triglycerides in the

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**Heartburn** - Ginger is a popular herbal remedy for heartburn.

**Joint, pain** - Ginger has been used to treat pain and traditional Indian Ayurvedic medicinal uses include ginger in herbal arthritis treatment. Treatment of joint pain, especially those conditions caused by poor circulation, is another popular use of this herb.

**Menstrual** - Ginger has also been shown to lessen the severity of menstrual cramps. Due to it's antispasmodic characteristic some people have used it to help ease menstrual cramps.

**Migraines** -1/3 teaspoon of powdered ginger or several slices of fresh ginger may help prevent a migraine from fully developing if taken at the onset of migraine symptoms. Researchers discovered attribute this benefit to ginger being able to block the effects of prostaglandins, which are substances that cause inflammation of the blood vessels in the brain, leading to migraines.

**Minerals** - Ginger also contains a good amount of minerals like potassium, manganese, copper, and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

**Motion sickness** - The travel industry is using ginger more and more to combat nausea caused by motion-sickness. Drink a cup of ginger tea or ingest 1/4 teaspoon of powdered or 1/2 teaspoon of fresh ginger before a car or boat trip, ideally every 15 minutes for an hour before you travel. Repeat during your travels at the first sign of motion-sickness.

**Nausea** - Ginger has been used traditionally for a long time to treat nausea. Scientific evidence confirms its uses as an herbal remedy for nausea and related ailments such as morning sickness and motion sickness.

**Respiratory** - If you're suffering from common respiratory diseases such as a cough, ginger aids in expanding your lungs and loosening up phlegm because it is a natural expectorant that breaks down and removes mucus.. That way you can quickly recover from difficulty in breathing.

**Rubefacient** - Applied to the skin, Ginger stimulates and dilates the blood capillaries, increasing circulation.

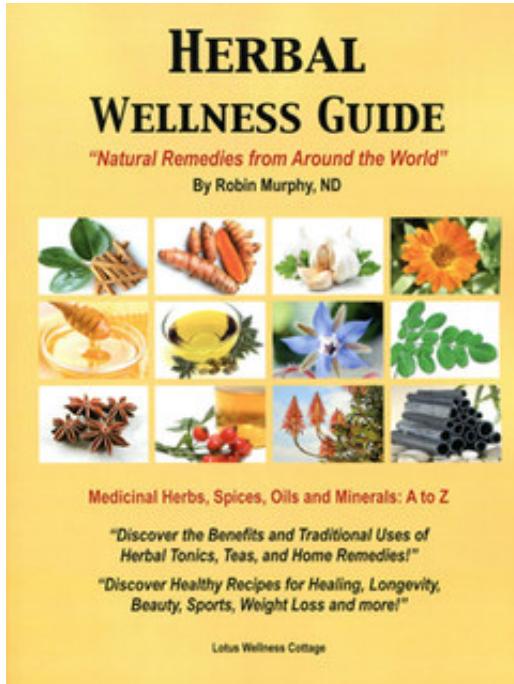
**Sialogogue** - Ginger promotes the secretion of saliva.

**Stimulant** - As a circulatory aid, its supports and speeds up the bodys' physiological systems.

**Stomach** - Combats stomach discomfort. Ginger is ideal in assisting digestion, thereby improving food absorption and avoiding possible stomach ache. Ginger appears to reduce inflammation in a similar way to aspirin and ibuprofen.

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liver and prevent the clotting and aggregation of platelets in the blood vessels, associated with atherosclerosis and blood clots.



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