

# Ginger Root

## Zingiber officinale

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

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 also helpful in cases of diarrhea. Ginger Root is a digestive stimulant effective for constipation, loss of appetite, sluggish digestion, and nausea.\*

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** arthritis, fatigue, muscular aches, and pains, poor circulation, rheumatism, sprains, strains, etc.\*

**Digestive System:** diarrhea, colic, cramps, flatulence, indigestion, loss of appetite, nausea, travel sickness, parasites\*

**Nervous System:** debility, nervous exhaustion\*

**Respiratory System:** asthma, bronchitis, catarrh, coughs, sinusitis, sore throat\*

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. May support and assist the body with arthritis, lethargy, nausea, colds, and flu.\*

### INHALATION

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

### 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.\*
- 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 10-20 drops to cream or lotion to aid with arthritis, muscle aches, poor circulation, and dispersing bruises.\*
- Apply 2-3 drops to stomach reflex points on soles of feet for digestive problems.\*

## responsible cautions

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- Maybe slightly photo-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of the reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesana.com/cautions.asp](http://www.goDesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

### GRAS Certified

**Producing Organ:** Root

**Extraction:** Steam Distillation

**Country of Origin:** China

## topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

## pregnancy & children

### Safety Group #2

### Topical

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce)

### Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: Not recommended
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: safe when used as directed starting in the 2<sup>nd</sup> trimester

## availability

10ml Bottle



### STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

### DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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