



# Herbs For Healing Newsletter

## Ginger: herb of the month

Ginger and turmeric come from the same plant family, the zingiberaceae. Both rhizomes have anti-inflammatory properties.

Like turmeric, ginger also helps to ease inflammation and pain. It can significantly reduce symptoms of osteoarthritis in the knee or other inflammations in the body.

Over the last 30 or 40 years many laboratories have provided scientific support that ginger shares

pharmacological properties with non-steroidal anti-inflammatory drugs. More interestingly, ginger has a better therapeutic profile and fewer side effects.

**Herbal treatment should not be reduced to being purely a drug replacement however...**

The holistic approach goes much further and aims to address the root cause of inflammatory processes by also looking at diet, life style and emotional aspects, for example.



### Confucius says...

Ginger appeared first in the writings of Confucius in the 5th Century before Christ. In the West ginger has been used medicinally for at least 2000 years.

### Ginger is a medicinally versatile plant

Taken for morning sickness during pregnancy, for travel sickness and for sickness due to chemotherapy it often helps to eat some ginger in any shape or form, i.e. grated, dried or as a tincture.

The two main areas ginger works on are stomach and circulation. Apart from easing nausea ginger calms the stomach and promotes gastric secretion which helps to ease flatulence and colic.

Being a warming plant, hot ginger tea can induce sweating in case of a cold or flu and also work as an expectorant.

Ginger is a herb to keep the winter chills at bay.

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**Note!** In some people ginger can cause heartburn or acid reflux. In this case it is best to stick to a low dose.

Ginger can also slightly thin the blood therefore care must be taken when interaction with anticoagulants is possible.

Using whole ginger, dried or grated, is safer than ginger extracts.



## This cold weather demands warming herbs...

**Ginger tea tastes delicious, especially with some freshly squeezed lemon.**

Grate 1 teaspoonful of fresh ginger, pour a mug of hot water over the grated root and leave to infuse for 10 minutes.



## Let food be your medicine and medicine your food!

Apart from being a natural medicine ginger is also a culinary spice. A stir fry tastes good with freshly grated ginger. And who would refuse a slice of delicious ginger cake?

The list of foods with ginger is very long. It goes well with savoury foods, in drinks and in puddings.

## Stimulates circulation

It not only warms the cockles but also your hands and feet.

Ginger is the herb to stimulate the peripheral circulation, the circulation furthest away from the heart. It helps to prevent chilblains and poor circulation.

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