

# Ginger

## Background

Ginger is an age-old remedy for nausea, and is one of the few natural treatments that has also proven effective in modern, placebo-controlled studies.

Ginger is safe to take and is available in candies, drinks, gums and capsule form. Studies have also found that aromatherapy with ginger essential oil can reduce nausea. Ginger can be taken regularly or as-needed.

## Food products with ginger

Beware that many ginger ales have little or no natural gingers. If you use a soda-form of ginger, aim for a natural ginger soda (often called Ginger Beer or Brew though it is alcohol-free). Reed's makes a low-calorie version as well as an extra-ginger version.

Ginger is also available in many candied forms. Since these are often shelved in specialty or organic food sections, a good source is Trader Joe's, Whole Foods and Fresh Market.

## Ginger capsules

Most medical research on ginger has used the capsule form, and studies find that 1,000-2,000mg (=1-2 gram) per day is usually optimal to treat nausea. It can be taken once per day or spread out throughout the day. You might start with a low dose (they are often available in 500mg capsules) and raise if needed.

*-Updated 12/7/2014 by Chris Aiken, MD*



The pictures above are meant to show the variety of ginger products, including drinks, candy, gum, capsules and aromatherapy, and not to endorse any particular brands.