

Ginger

Emotions	thaws emotional coldness, promotes courage, confidence and aggression
Uses	abdomen pain-lower, aging, angina , appetite-to increase , arteriosclerosis, arthritis, arthritis-osteoarthritis, arthritis-rheumatoid , arthritis-pain, back pain, belching, bilious attacks, bronchitis, bruises, bumps, bursitis, carbuncles, catarrh, chilblains-circulation, chilblains, chills , chilliness , circulation problems, cold /flu, cold-runny nose, cold-shivering, colic-adult, colic-baby, concentration, congestion , constipation, convalescence, coughs, cysts, debility , dehydration, diarrhea , digestive problems, fallen arch, fear, fever, fibrositis, flatulence, food poisoning, fractures, frostbite, hair loss/alopecia, hangover, hernia-hiatus, hernia-incisional, hernia-inguinal, impotence-male , indigestion/dyspepsia, joints-painful, joints-strained , joints-swollen, laryngitis, low blood pressure, lumago/lower back pain , menstrual pain/dysmenorrheal , muscle-ache , muscle-athletic competition-pre/post, muscle-cramp, muscle-debility , muscle-fatigue, muscle-increased performance, muscle-numbness, muscle-pain, muscle-sprains, muscle-toning, muscles-abdominal wall strain, muscles-achilles tendonitis, muscle-ankle sprain, muscle-arm strain, muscles-chest muscle spasm, muscles-elbow bruise, muscles-elbow tendonitis, muscles-finger sprain, muscles-frozen shoulder, muscles-hip strain, muscles-knee cartilage injury, muscles-leg strain-lower calf, muscles-neck sprain, muscles-shoulder strain, muscles-tendonitis, muscles-wrist sprain, nausea , nausea-sea sickness , nausea-traveling , nausea-vomiting , nervous exhaustion, pain relief, pelvic pain syndrome, pregnancy-edema, pregnancy-morning sickness , synovitis, sciatica, sinusitis, stomachache, throat-sore, tonsilitis
Properties	Analgesic, antibacterial, anti-emetic, anti-oxidant, antiseptic , antispasmodic, antitussive, aperitif, aphrodisiac, carminative, cephalic, diaphoretic, expectorant, febrifuge, laxative , rubefacient , stimulant, stomachic , sudorific, tonic
Constituents	a-pinene, camphene, B-pinene, citral, 1.8-cineole, linalool, borneol, y-terpineol, nerol, neral, geraniol, gingerin, gingenol, geranyl acetate, B-bisabolene, zingiberene
Scent/Note/Viscosity	fresh woody, spicy, earthy, slight lemon-pepper; middle note; from pale yellow to a darker amber; watery to medium viscosity.
Best Mixed With	Bergamot, Cedarwood, Clove, Eucalyptus C/G/R, Frankincense, Geranium, Grapefruit, Jasmine, Juniper, Lemon, Mandarin, Orange, Palmarosa, Patchouli, Rosewood, Sandalwood, Ylang Ylang (Coriander, Lime, Neroli, Rose Maroc, Vetiver)

Warning

Avoid direct sunlight and sunlamps for 12 hours after use. People with sensitive skin should not use. May cause irritation in high concentrations, dilute.

DISCLAIMER

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