PERFECT HERBS

Herb Monograph Latin Name: Zingiber officinalis

Common Name: Ginger, Gan Jiang

Primary Action	carminative
Secondary Actions	anti-inflammatory, antiemetic
System Affinities	gastrointestinal
Conditions Treated	nausea
Constituents	volatile oils
Tincture Daily Dose	1 mL to 6 mL
Tea Daily Dose	1 g to 8 g
Parts Used	fresh root or dried root or powder
Can Be Substituted With	N/A
Pairs Well With	Arctium lappa, honey, and a hot water bottle in cases of food retention and nausea from insufficient warmth in the stomach



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