



50 USES FOR GINGER

Posted on January 11, 2022 by Mindy

I do not know about you but I love the taste of candied ginger with a nice cup of tea and homemade gingerbread cookies in the winter. I also love ginger for its numerous health benefits. So join me with a cup of ginger tea and let's talk about the many uses ginger can bring into your life.

1. Ginger Contains Gingerol

The ingredient that provides all the goodness in ginger is called gingerol. This substance is both an anti-inflammatory and an antioxidant.

2. Aids in Oral Health

Consuming ginger can reduce oral bacteria that is [linked to gingivitis and periodontitis](#). It also acts as an anti-inflammatory since both of these can cause the gums to become inflamed.

3. Helps with Respiratory Infections

If you find yourself suffering from a [respiratory infection](#) especially Respiratory Syncytial Virus then you may want to eat some fresh ginger root. While other disorders used any type of ginger, treatment for this virus is only effective with fresh ginger.

4. Reduces Brain Inflammation

Due to the anti-inflammatory nature of ginger, it is believed to reduce age-related decline in the brain, which includes oxidative stress and inflammation. Beyond being able to think better, consuming ginger could be a way of protecting the brain from [Alzheimer's disease](#).

5. Preventative Measure for Colorectal Cancer

One of the many benefits of ginger is the fact that it can act as an anticancer treatment for some cancers, such as colorectal. The key to this approach though is you need to have an average chance of developing this type of cancer. Those with a high chance did not have the same results.

6. Potentially Lowers Cholesterol

Studies continue but currently, results show that consuming ginger has the potential to drastically lower LDL or bad cholesterol, total cholesterol, and blood triglycerides.

7. Can Reduce Menstrual Pain

If you suffer from menstrual pain then you need to consider taking ginger before the start of your cycle. Believe it or not, this humble spice has been proven to be as effective as any over-the-counter treatment.

8. Preventative Approach to Breast Cancer

If you have a family history of breast cancer, you may want to consider consuming some ginger. Large amounts are required but research is showing that ginger can act as an anticancer type of treatment that prevents the formation of cancer cells.

9. Helps with Chronic Digestion

First, what is chronic digestion? This is a type of digestion that is felt in the upper part of the stomach. It is characterized by pain and discomfort. It is believed that this is caused when the stomach does not completely empty. To help this process along, it has been found that consuming ginger speeds up this process and in turn reduces the discomfort.

10. Reduces Blood Sugar Levels

Those with type 2 diabetes who consumed ginger saw a decrease in fasting blood sugar levels. They also saw a reduction of Apolipoprotein B/Apolipoprotein A ratio and a lowering of malondialdehyde levels. This latter is a byproduct of oxidative stress.

11. Improves Heart-Related Risk Factors of those with Type 2 Diabetes

Individuals with type 2 diabetes have other factors due to their disease that can cause heart problems. This includes high levels of malondialdehyde and Apolipoprotein B/Apolipoprotein A. Consuming ginger has been shown to reduce these levels so that the chances of heart disease problems are decreased in people with this health issue.

12. Can Reduce Symptoms of Osteoarthritis

Two of the symptoms of osteoarthritis that ginger has the potential to address are swelling and pain. Many who suffer from osteoarthritis of the knee report relief from pain and decrease inflammation when they consume ginger in any form.

13. Aids in Weight Loss

When one thinks of ginger and weight loss, what has been discovered is it improves on measurements that are used to **prove weight loss**. This includes body measurement and weight. How it works is not completely clear but it is believed to come from reduced inflammation and the increase of burned calories.

14. Treats Different Types of Nausea

Ginger is known to help with nausea that includes morning sickness, nausea after surgery, and nausea from chemotherapy. While it does settle the stomach, it does not prevent vomiting. Do not take it if you are close to your delivery date because it can cause vaginal bleeding.

15. Helps with Acne

Did you know that consuming ginger can help with your acne? While it will not cure it, the anti-inflammatory characteristics of this spice can reduce the inflammation of the skin. If you are looking for instant help, you can make a mask of equal parts of grated ginger and apple cider vinegar. Apply to acne and leave on for a few minutes.

Once you rinse it off you will notice a reduction in skin inflammation. Remember to check on a small patch of skin for any allergic reaction.

16. Wards off Germs

Beyond improving the body's immune system, ginger also causes sweating when you have a cold. If you consume ginger during this time, your body will send out a germ-fighting chemical called dermcidin through the sweat glands. This chemical provides protection against *E. coli* and *Candida albicans*.

17. Acts as a Sore Muscle Treatment

Looking for a tasty way of dealing with post-workout pain? Well, if the answer is yes then fix you a cup of ginger tea or a snack containing ginger. The fact that ginger contains anti-inflammatory properties will reduce the soreness from your workout.

18. Provides Relief from Rheumatoid Arthritis Symptoms

Oh, the pain from the swelling caused by [rheumatoid arthritis](#) can be crippling but consuming ginger can help. Eating food with ginger along with drinking ginger tea will reduce inflammation and provide pain relief. To get the most out of the ginger, one must consume this spice in some form every day.

19. Protects the Body's DNA

Believe it or not, lipids in the body can go rancid and this is true with the fat coating that protects DNA. The antioxidant properties of ginger attack the free radicals that can cause the lipid layer to go bad, which would expose the DNA to damage.

20. Aids in Colic

An old-time remedy for colic is gripe water. Ginger is one of the ingredients due to its ability to reduce gas in the stomach. Before giving your baby and ginger, make sure to check with your doctor.

21. Reduces Gas

If you have ever had a bad case of gas, you understand how uncomfortable one can be. Consuming ginger before a meal and drinking a cup of ginger tea after a meal can help with the gas problem. How? Gas can be caused when the stomach has not emptied yet. Ginger can speed up that process, which will reduce the discomfort from gas production.

22. Boosts your Body's Immunity

An easy way of improving your health is by enjoying ginger in any form. It improves your [body's natural immunity](#) by reducing inflammation, which causes stress on the body. This stress in turn can reduce the effectiveness of your immune system.

23. Helps Fight Colds

Since ginger is not only anti-inflammatory but an antimicrobial and antifungal, it is a great treatment to help fight the common cold or flu. When using ginger to treat colds, make sure to use fresh, which in this case is the best.

24. Improves Skin Health

When ginger is applied to the skin, it can improve the appearance of the skin by reducing the oiliness of the skin and reducing pore size. Eating more ginger and applying it to the skin can also aid in the healing process.

25. Preventative Treatment for Ovarian Cancer

While more research needs to be done, early studies are showing that ginger can act as an anticancer treatment for those who are of an average chance of developing this type of cancer.

26. Increases Hair Growth

Yes, ginger can increase [hair growth](#). How you may ask? Since ginger is an anti-inflammatory, it has the potential to reduce the inflammation of the hair follicle that can cause the hair to fall out but this is not the end of the story. It seems that fresh ginger and onion need to be mixed with oil and

applied to the scalp for this treatment to work.

27. Improves Asthma

Asthma is a chronic disease that can be fatal. While ginger should never be used in place of an inhaler without the consent of your doctor, it is showing positive results as an [alternative to asthma medication](#). How does it work? Well, it works in two ways. First, the anti-inflammatory, antioxidant, and pain-releasing nature of ginger prevent a particular enzyme to be produced that causes the lungs to restrict. This restriction is what makes it hard to breathe. Once this enzyme is stopped, ginger stimulates the production of another enzyme that relaxes the lungs, which makes breathing easier.

While consuming ginger offers other health benefits, never solely depend on this approach if you suffer from asthma.

28. Treats Migraines

Before talking about ginger as a migraine treatment, let's understand how a migraine occurs. When a migraine begins prostaglandins are first produced, which causes muscle contractions and pain. Blood vessels become inflamed and certain hormones are triggered to cause nausea. Taking ginger when you first feel the twitch of a migraine coming on will prevent the cascade started by prostaglandins. It will also provide pain relief and help settle the stomach.

29. Acts as a Treatment for Dandruff

Yes, there are many treatments for dandruff. Some simply conceal the flakes, while others treat them. Ginger is one of the ingredients that treat dandruff because it is an antiseptic. When this is added to hair products, it can naturally address your dandruff.

30. Treats Fine Lines

There are many causes for fine lines but one that creeps up is the decreased production of collagen. Increasing your consumption of ginger is one way of promoting collagen production from the inside. Another approach is to rub fresh ginger on the skin three times a day to protect your skin's collagen.

31. Fights Food Poisoning

Food poisoning is caused by many different types of bacteria that can cause an upset stomach and diarrhea. Consuming ginger tea will aid in killing the bacteria, which in turn will settle the stomach while reducing the trips to the bathroom due to diarrhea.

32. Increases the Libido

This may seem like a weird use of ginger. The science behind this approach is the fact that ginger increases circulation all over the body. In a nutshell, if you improve the circulation in those certain areas then you [increase your libido](#).

33. Improves the Results of a Massage

Due to the anti-inflammatory and warming characteristics of this spice, it is used both internally and externally for pain relief. But did you know that it can also be used as part of a massage? Well, the answer is yes. Adding ginger essential oil to massage oil can provide relief from pain.

34. Improves Eyesight

Inflammation of the eye will affect your ability to see properly. This is especially true if you suffer from glaucoma. Taking ginger in any form will aid in reducing the inflammation so that you can improve your sight.

35. Helps with Heartburn

If you have ever had heartburn, you know the need to make it stop hurting but before you reach for an antacid give ginger a try. This can be in any form, which includes tea, sprinkled on food, or even pickled ginger. How does this work? Ginger works to calm the stomach and naturally neutralize some of the stomach content that is [causing heartburn](#).

36. Helps the Body after a Detox

It seems that everybody is doing a detox but why? The reason is that everyone consumes and absorbs toxins in their everyday life. These toxins can come from the food we eat, the air we breathe, and even the type of work we do. A detox is a way of helping the body get rid of these toxins. While a ginger detox is not a thing yet, the process of detoxing will help the body process all the healthy benefits that ginger has to offer.

37. Energizes You

Many things can cause one to have less energy and not be able to think clearly. The lack of clear thinking is referred to as "brain fog." While this used to be viewed as an excuse by medical professionals, it is now viewed as a true symptom that can indicate certain disorders. Before taking ginger to energize you, make sure to have a checkup with your doctor to make sure that is not suffering from anything serious. Once you get clear, take up a healthier lifestyle, which includes eating healthier, getting exercise, and adding ginger to your diet.

38. Adds Flavor to Food

While this is a simple benefit that everyone knows about, ginger does go with about anything. This makes taking ginger as a preventative measure simple. All it requires is to add it to what you consume, which can be food or drink.

39. Helps with Sagging Eyes

While ginger will not give your eyes a lift like a face-lift, an ointment that contains this spice can give your eyes a pick-up that looks like you got a wonderful night's sleep. The reason this works has to do with the increased circulation and anti-inflammatory aspects that ginger brings to the area.

40. Helps with Symptoms of Raynaud's Syndrome

You may have never heard of Raynaud's Syndrome but it is one that many people suffer from when they work in an industry that causes a lot of vibration in the hands, such as construction or factory work. The symptoms of this syndrome include a red, white, or blotchy appearance to the hands or feet. The reason for this is the constant vibration causes damage to the circulation of these areas. Another symptom that appears when one has Raynaud's Syndrome is a change of skin temperature, which can be either hot or cold. When these symptoms occur, ginger can improve the situation by increasing circulation in the whole body.

41. Reduces Stomach Bloating

Everyone has experienced that bloated feeling when one consumes too much food. Ginger can calm the stomach and encourage the stomach to empty quicker. This process will reduce the bloated feeling. While it is better to start your meal off with some fresh ginger and then end it with a cup of ginger tea, this is not always possible. If you find yourself bloated, sip a cup of ginger tea to start your journey to relief.

42. Can Reduce the Appearance of Cellulite

Ginger increases the circulation and mixing a grated fresh herb with ginger juice and sea salt creates a [wonderful scrub](#) that can be used on those problem areas once a week. Now, keep in mind that the results from this treatment will be gradual.

43. Strengthens Nails

Adding ginger oil to hand lotion that is rubbed into the nails can strengthen them over time.

44. Can Reduce the Formation of Blood Clots

Consuming ginger tea three times a day has the potential of reducing the occurrence of [blood clots forming](#).

45. Protects the Lungs from Chronic Disease

The simple process of eating ginger can aid in lung care by reducing inflammation and increasing circulation. It also thins out mucus so that the lungs can expel it easier.

46. Dissolves Kidney Stones

Drinking ginger tea can help dissolve and prevent [kidney stones](#). Why does this work? Beyond the many anti-benefits that ginger has, it is also high in vitamin C and magnesium along with other ingredients that aid in this process.

47. Acts as a Renal Tonic

If you have ever drunk ginger tea you understand that you will be going to the bathroom a lot. This constant flushing of the kidneys helps in removing toxins that can build up and cause a long list of problems.

48. Protects the Liver from Toxins

Just like the kidneys, the liver can accumulate toxins. Drinking ginger tea several times a day will help flush out those harmful ingredients.

49. Can Reduce the Chances of Developing a Fatty Liver

Having a fatty liver can cause many problems but drinking ginger tea throughout your day can be a positive step toward reducing the chances of developing a fatty liver.

50. Has the Potential to Reduce Stress

A simple cup of ginger tea can ease the stress of the day and improve the mood. How this works is due to the numerous bioactive compounds that can aid in improving your spirits.

You may also like:

[How to Make Cinnamon - Ginger Salve](#)

[Add This "Unusual Nutrient" to Coffee or Tea, to Effortlessly and Fully Empty Your Bowels Every Single Morning](#) (Learn More)

[DIY Colon Detox with Ingredients You Have in Your Kitchen Right Now](#)

[How to Make an Immunity Boosting Shot with Celery, Spinach, Ginger, Lemon, and Manuka Honey](#)

[50 Uses for Cinnamon](#)

Comments



The Lost Herbs – 2022-02-01 17:56:15

Hi Wendy, The antioxidants in ginger can be used to help preserve your skin's collagen, making it an all-natural ingredient for anti-aging routines. You can reap the benefits by cooking with fresh ginger or adding it to your teas. For more targeted results, rub a small slice of fresh ginger on the skin, up to three times a day. Many blessings and good health!



The Lost Herbs – 2022-02-01 17:53:10

Hi Fran, Your feedback is very important to us. It means that we can better understand what we are doing well, and where there are areas where we need to make improvements. There are a plethora of recipes that include ginger, and each provides a flavor profile like no other. We mentioned shortly in the article how to use it (like tea, oils, fresh, etc) however we cannot always include detailed recipes in such short articles. Like with almost all vegetables and herbs, to make the most of ginger's properties, it is best to consume it in its raw, fresh form. When ginger is cooked, its gingerols are transformed into zingerones, which do not have quite as potent medicinal properties but are still effective in easing pain and nausea. Also, when cooking with fresh ginger, keep in mind that cooking mellows the flavor. So if you want to really taste it, add some ginger at the beginning of cooking, and a bit more at the end. Many blessings and good health!



The Lost Herbs – 2022-02-01 17:43:57

Hi Susan, There are a plethora of recipes that include ginger. And ginger water is one of them. The benefits of ginger water are wide-ranging. Ginger is a natural anti-inflammatory. Ginger-infused water drinks can also act as natural anti-nausea and digestive aids, as well as help to balance blood sugar levels and promote natural weight loss. Many blessings and good health!



The Lost Herbs – 2022-02-01 17:40:19

Hi Cindy, There are a plethora of recipes that include ginger, and each provides a flavor profile like no other. We mentioned shortly in the article how to use it (like tea, oils, fresh, etc) however we cannot always include detailed recipes in such short articles. And it's also a matter of preference how you want to incorporate ginger in your diet. Just be aware that while it is safe to eat ginger every day, doctors and nutritionists recommend limiting daily intake to a maximum of 3-4 grams. Many blessings and good health!



The Lost Herbs – 2022-02-01 17:31:38

Hi Sharon, Thank you so much for your comment. It is a pleasure to have you as a reader and your support is much appreciated. Many blessings and good health!



The Lost Herbs – 2022-02-01 17:28:07

Hi Karise, Thank you for your continuous trust and support. It brings us great joy to hear that you find our emails informative and helpful. Many blessings and good health!



Wendy pitre – 2022-01-13 15:40:08

I need a recipe for ginger tea and how to use it on skin for fine lines and eye area please



Terry Ingram – 2022-01-12 20:38:37

I use the recipe shown in these videos except I use honey instead of sugar. One video is how to make the Ginger Bug (starter) and the other is the recipe for the ginger ale that requires the starter.



Terry Ingram – 2022-01-12 17:38:46

<https://www.youtube.com/watch?v=wtb1BvRUWml&t=90s>

<https://www.youtube.com/watch?v=KsMUuMmKwps> I use the recipe shown in these videos except I use honey instead of sugar. One video is how to make the Ginger Bug (starter) and the other is the recipe for the ginger ale that requires the starter.



Fred – 2022-01-12 13:53:52

The information you share is needed now more than ever. Being born and raised in West Africa, I saw my mother grandmother use different types of wild herbs for medicine or food. Even my grandmother would be thrilled about this information if she was alive today. Thanks again.



Mike E – 2022-01-12 07:59:01

We use sorghum molasses for gingerbread men.



Juanita - 2022-01-12 06:55:53

Could you share your recipe for fermenting with us please Terry



Deb - 2022-01-12 05:26:31

Hi Michael If you go out in the mornings with a bag and pick the tops of nettles.. fill the bag.. get home., stuff them into a tea pot, fill with boiling water and steep for an hour, let it cool or not, drink a tea cup of it 2, 3 or more times a day it will vastly reduce the histamine reaction in the body. My husband used it and swore by it. Tastes fresh and green.



Roberta - 2022-01-12 03:57:18

Personal consumption of local honey on daily basis. (within 50 miles from source to home) In cups of tea, on oatmeal etc, or 2 teaspoons. Putting into the system in small quantity the offending substance will override the allergic reaction in most cases. Check with a naturalist or your family provider.



Rosemarie - 2022-01-12 02:04:33

I also thank you for your very informative articles. Just like some of the others, I would like to have information about best ways to use ginger to relieve some of the issues. I also make cold brewed ginger tea by putting ginger slices in my water all day. Does this have any benefits? Thank you!



Beth H - 2022-01-11 23:03:40

For immediate clearing of the sinuses, boil a cup of water and put one drop each of peppermint oil and oregano oil in the steaming water. Drape a towel over your head and breathe in the steam from a few inches above the cup. One or 2 deep breaths should make your nose start to drain.



Carol Fielding - 2022-01-11 22:49:33

Thanks Lucy, will give that a try!



Michael - 2022-01-11 21:45:04

Can anyone tell me what to use to relieve the symptoms of HAYFEVER. My daughter suffers from chronic hay fever all year. Her sinuses are continually blocked.



Donna - 2022-01-11 20:51:45

Great article!! Lots of useful info. I've often had my ginger root go bad in the fridge (it does take a while). To prevent I started dehydrating slices from ginger root. Now I put slices in hot water and make tea or rehydrate for a recipe. Glad to know all of these benefits. Thanks!!



D - 2022-01-11 20:47:37

Can you post your recipe for ginger ale? Sounds delicious.



Marsha Moon - 2022-01-11 19:32:51

I can't tell you how much I appreciate the option we have now of viewing and downloading the pdf. They are so much easier to view than the ones loaded with ads. Can't wait for all your articles to include this option...archives included.



Pam - 2022-01-11 18:06:34

Try using Monk Fruit instead of sugar/honey. It does not raise your glycemic index and it tastes as good as sugar.



fran politi - 2022-01-11 17:43:34

I wish you would follow this up with an explanation of HOW the ginger should be consumed to get the benefits!! This information is just as important as stating all the benefits! Does cooking diminish the benefits?? Is raw ginger more potent??? Please answer these questions.



Susan - 2022-01-11 17:33:15

I'd love to know the best ways to use ginger when addressing the different issues. Also, I've tried just slicing fresh ginger and keeping it in my water bottle all day. Would this have any benefits? Thank you for the information! Susan



Cindy - 2022-01-11 17:22:18

Hi, you tell what ginger is for but got most you don't tell what to do. I mean like recipes. Thank you for the information though.



Terry Ingram - 2022-01-11 16:49:34

I have been making homemade fermented ginger ale with fresh ginger, honey, a bit of lemon juice and water. I drink 8-16 ounces daily. Do you think this is giving me the same benefits of eating fresh raw ginger? The ginger ale has a cup of fresh cold pressed ginger juice per gallon and more ginger in the ginger bug (starter) used to activate fermentation.



sharon - 2022-01-11 16:44:22

Thankyou for sharing your knowledge. I am thrilled with all you teach and share...God Bless <3



Lucy - 2022-01-11 16:38:49

<https://www.food.com/recipe/swedish-ginger-cookies-with-crystallized-ginger-274251>



Carol Fielding - 2022-01-11 16:33:26

Wow! Does anyone have a recipe for the candied Ginger and/OR the gingerbread cookies? Wondering if they are made with a sweetner other than sugar?? Trying to avoid sugar, so although ginger has many benefits, wouldn't the sugar be counter productive? Honey.....maybe? Thanks



Carol - 2022-01-11 16:32:22

Wow! Does anyone have a recipe for the candied Ginger and/OR the gingerbread cookies? Wondering if they are made with a sweetner other than sugar?? Trying to avoid sugar, so although ginger has many benefits, wouldn't the sugar be counter productive? Honey.....maybe? Thanks



Karise Lewin - 2022-01-11 16:25:47

Thank you for this informative email. I will use many of the ginger remedies you mentioned. I appreciate the emails you send. They always have actionable info. Thanks again, Karise