

What Can Ginger Do For Your Emotional Health?

By Emma Sanford

Try Ginger For Stress Related Or Sea Sickness Upset Stomachs.

Ginger is well known as a culinary herb used in Asian cooking, but did you know it's also a great therapeutic-grade essential oil? Ginger oil is wonderful for treating upset stomachs, as well as easing the ache of tired muscles and improving circulation.

Ginger oil has a strong, spicy but earthy smell and can be used topically, aromatically or internally. It is considered quite safe and should not cause allergic reactions, but it can cause photosensitivity. When taken internally, one drop should be diluted in four ounces of liquid, such as rice or soy milk, before consuming.

To use therapeutic-grade essential oil of ginger on your skin, dilute in a vegetable oil or olive oil. Ginger oil is a nice addition to your body scrub and massage oil, as it can calm symptoms of arthritis, ease minor aches and pains, and make you feel warmer as it improves your circulation.

The warming properties of ginger oil make it a wonderful choice for a soothing yet invigorating bath. Put a few drops of ginger oil in the water when you have a cold or flu and relax your pains, and even your fever, away.

Therapeutic-grade ginger essential oil can be used internally to treat nausea, indigestion, sea sickness and similar stomach upsets. Eating ginger is often recommended as a treatment for morning sickness, but check with your doctor before you take ginger oil internally if you are pregnant. It also shouldn't be used on infants and small children.

A couple of drops of ginger oil on a handkerchief, when inhaled, can also calm a nervous stomach. If you know you have a travel sensitivity, for instance, you can pack a ginger-infused handkerchief and inhale the scent when you start to feel uncomfortable.

Another good use for ginger therapeutic-grade essential oil is treating bruises and sores on the skin. Adding ginger oil to a carrier oil or a lotion and rubbing it on affected areas should speed healing and calm any pain associated with the injury.

Inhaling ginger oil is said to eliminate feelings of lethargy and loneliness, and some people consider it an aphrodisiac, probably because of its ability to increase blood circulation. Its strong, spicy scent might also have something to do with its romantic reputation. Next time your sweetheart comes home stressed out from a long day at work, try a back or foot massage with ginger oil. It might

do more than just relax their tired muscles!

Ginger oil is a wonderful therapeutic-grade essential oil to keep on hand for treating stomach upset and aches and pains. It is wonderfully versatile and quite effective at making you feel better and improving your mood.

Always wash your hands before and after the use of therapeutic-grade essential oils and avoid contact with your eyes.

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