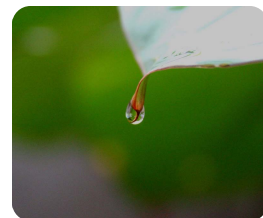


# Essential Oils Then & Now Newsletter

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## GINGER

Planning to make Gingerbread men or Gingerbread houses for Christmas this year? Ginger is a warm spice/oil good for those who tend to have cold hands and feet especially at this time of year. Chronologically, in the New Testament, the second time oils were mentioned was at "Christmas" when the wise men brought Frankincense and Myrrh to Jesus. Think it's significant that **Wise** men brought oils? Proverbs 21:20 says, "There is treasure to be desired and oil in the dwelling of the **wise**." Why is this so? After 26 articles, you probably know, particularly in this era of pharmaceutical drugs and their side effects, or should we say, direct effects?

In the beginning when God made man, He realized it was not good for man to be alone so He made woman. Ginger is like that. It blends well with all spice oils, all citrus oils, eucalyptus, frankincense, geranium, myrtle, rosemary and spearmint. Anciently esteemed as a spice recognized for its affinity for the digestive system (Ginger Ale, anyone?) It has been used in gingerbread (up to 4000 years ago in Greece), in Egyptian cuisine to ward off epidemics, in Roman wine for its aphrodisiac powers, in Indian tea to soothe upset stomachs, and in Chinese tonics to strengthen the heart and relieve head congestion. The widespread passion for spices in Medieval Europe (partly to cover up the taste of meats preserved through the winter without the use of refrigeration) included Ginger, and the spice merchants took advantage of this by charging high prices. Ginger was the second most highly traded spice after pepper. Women in the African country of Senegal weave belts of Ginger root to restore their husband's sexual potency. In Hawaii, it has been used to scent clothing, cook with and cure indigestion. They also add it to their shampoos and massage oils. In Japan Ginger is used for joint and back pain. In the 1800's when there was a pandemic of cholera one of the remedies was Jamaica Ginger extract, "It is a most Efficient remedy for sick headache, indigestion, colic, nervous debility, cholera morbus, and cholera."

Today Ginger oil is still useful for digestive disorders - poor appetite, indigestion, abdominal distension, and flatulence. It relieves nausea, vomiting, and dizziness associated with travel and morning sickness. It's an anticoagulant. Circulatory system stimulant and heart tonic indicated for cardiac fatigue and angina. It's a decongestant and expectorant effective for respiratory infections, congestion, sinusitis, and bronchitis. Combine with eucalyptus or tea tree to counteract the chills, fatigue and aching of colds and flu. Mingle with cypress in a footbath to alleviate cold and flu. Add with peppermint and juniper in massage oil for joints. Alleviates low back pain. Strengthens the immune system. Stimulates the adrenals. Good for memory. Effective against alcoholism. Helpful for impotence.

Ginger's fragrance strengthens the weak, giving a sense of courage. It promotes warmth, empathy, optimism and assurance and discourages a sense of purposelessness, apathy, burnout, fatigue, loneliness, and sadness. It's invigorating, gently endowing physical energy.

Wise men still seek Him,  
Have a Merry Christmas!

*Joanna*