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## ZINGIBER OFFICINALE – GINGER



**Ginger** (*Zingiber Officinale*) is one of the most revered medicinal plants the world over and in all medical traditions, a true miracle drug. Having been cultivated for many millennia in China and India, ginger has proven itself as **a universal healer in the treatment of all illnesses**. Traditionally, ginger root is served either fresh or dried, and both forms show potent although unique **healing effects on all bodily systems**.

Mainly, ginger is known for its use in **preventing infections** and for its **warming qualities**. It **kindles the bodies own warmth** (Agni), and thus removes cold from the body, and induces sweating. Ginger is by far the best herb for **strengthening the immune system as a whole**. A daily dose in winter will **warm and strengthen the body** from head to toe, and so help to prevent all sicknesses.

This amazing plant also has a variety of effects on digestion. Ginger **absorbs and neutralizes toxins and acids** in the stomach and **increases the flow of digestive fluids**. On the one hand the dried root **reduces sensations of nausea** and is proven to **treat stomach pain and diarrhea** caused by colds. On the other hand the fresh root **strengthens the stomach, decreases gastric secretions, and promotes digestion**.

Furthermore, Zingiber officinale is known for its **tonic effect on the heart**, and for **reducing blood pressure**. It also **reduces the amount of cholesterol absorbed** by the blood and the liver, and so **reduces over all cholesterol** content of the body. Also its effects in treating **headaches and migraines** continue to be supported by scientific studies.



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In the Ayurvedic tradition of ancient India ginger paste is applied to the skin to **treat itching**, and **pain** caused by headaches, sinus infection, arthritis and sore throats.

Traditionally ginger is used both **fresh** (pressed or chopped) **or dried**, and served as tee. To prevent sickness, ginger tee with lemon and honey is truly effective. Ginger is also helpful in treating coughs and asthma. Fresh ginger with garlic and honey is an ayurvedic recipe for treating bronchitis and asthma and has proven effective to this day. The steam from boiled ginger-water helps to clear the nasal passages and to loosen mucus in the lungs.

## PRODUCTION

Since 2005 **Ginger (Zingiber Officinale)** has been successfully cultivated on the “Land of the Medicine Buddha”, OneWorld’s own Demeter herb farm in Nepal.

The noble shatavari roots have been cultivated using bio-dynamic farming methods monitored and certified by IMO Switzerland and Demeter International, and thusly carry the **Organic and Demeter logos**.

Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties. The best of the roots are selected and added to noble tea mixtures by **OneWorldalc Nepal**.

OneWorld is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**).

We are happy to be able to offer you Demeter ginger of the highest quality as a true **LOHAS** product.

## OUR PRODUCTS CONTAINING GINGER

Demeter Ginger can be found in the following of our herbal teas

„**Ingwerwunder**“; „**Drei Ayurvedische Juwelen**“ ; „**Wohlig Warm**“ ;  
„**Leichter Leben**“; „**Lamas Kraftquelle**“; „**Vegan mit Elan**“ und „**Braten Fee**“.