

Ginger (*Zingiber officinale*)



Its name came from the Sanskrit word 'srngaveram' which means horned body.

Origin: Southeast Asia, but widely cultivated in other countries. By the 1st century, traders had taken ginger into the Mediterranean regions.

Element: Fire

Gender: Masculine

Planet: Mar

Zodiac: Aries, Sagittarius, Scorpio

Magical Properties

Eaten, drank, or chewed, this root raises a ton of magickal energy for the practitioner. Many practitioners use ginger to make their plans come to fruition more quickly. Maybe that's because all the power of fire and passion are compacted into this bumpy root are released.

Add ginger to spells related to: Courage, energy, healing, inspiration, love, lust, money, passion, power, relationships, success.

Medicinal Properties

Reduce Nausea: Studies have shown that ginger can relieve nausea for motion sickness and after cancer treatments in both children and adults.

Intestinal Benefits: Ginger can help the body break up and expel this digestive gas before it becomes a painful problem. It improves gastric mobility and increases the speed in which the stomach is emptied.

Inhibit Inflammation: Ginger has strong anti-inflammatory properties and helps treat inflammatory conditions.

Contraindications: Avoid ginger if any allergic reactions are experienced such as hives or itching. Decrease consumption in case of mild side effects such as heartburn, diarrhea, or stomach pain.