

# Ginger Bath



1. Combine 1 gallon of water and 1 pound of coarsely sliced ginger root in a large pot
2. Bring to boil
3. Simmer for 30 minutes or until the water is golden
4. Strain out the ginger root pieces and discard
5. Drink 1 cup of the liquid
6. Make the hottest bath you can sit in, add the ginger liquid to the bath
7. Soak for 30 minutes or until you break into a pearling sweat  
You must sweat to achieve the most benefit!

## **Benefits of Ginger Baths**

- Alleviate muscle/joint pain and stiffness due to cold and dampness
- Prevent early stage cold and flu symptoms from progressing
- Improves sleep

## **Contraindications**

- Consult your physician if you are pregnant or taking blood thinning medications
- Allergies to ginger prohibit the use of Ginger Baths

## **Benefits of Ginger Root**

- Prevention or treatment of nausea and vomiting from:
  - motion sickness
  - pregnancy
  - cancer chemotherapy
- Treatment of mild stomach upset and indigestion
- Reduce pain of osteoarthritis
- Treatment of stroke and heart disease
- Improves immune function



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