

Ginger

Ginger is an age-old remedy for nausea, and is one of the few natural treatments that has also proven effective in modern, placebo-controlled studies.

Ginger available in candies, drinks, gums and capsule form. Aromatherapy with ginger essential oil can reduce nausea. Ginger can be taken regularly or as-needed.

Food products with ginger

Beware that most ginger sodas, like Canada Dry, have little or no natural gingers. If you use a soda-form of ginger, aim for a natural ginger soda (often called Ginger Beer or Brew though it is alcohol-free). Reed's makes a low-calorie version as well as an extra-ginger version.

Ginger is also available in many candied forms. Since these are often shelved in specialty or organic food sections, a good source is Trader Joe's, Whole Foods and Fresh Market.

Ginger capsules

Most medical research on ginger has used the capsule form, and studies find that 1,000-2,000 mg (=1-2 gram) per day is usually optimal to treat nausea. Take once per day, an hour before taking your medication, or spread out throughout the day. Start low dose (500mg) and raise if needed.

Bottom Line: Take ginger 1 hour before a meal, then take meds immediately after that meal. If you can't eat a meal, try a glass of milk or yogurt.

—Chris Aiken, MD, updated 6/23/2025



Ginger comes in many varieties: drinks, candy, gum, capsules, and aromatherapy.

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