Tea and Nausea

From the teas.co.uk wiki

> **Tea and nausea, in short:** ginger is the best-evidenced cup for queasiness and travel sickness; peppermint and chamomile help some people. And strong tea on an empty stomach can itself cause nausea, so drink it weaker and with food.

Last reviewed by the teas.co.uk team in May 2026.

Ginger is the standout for nausea, with real evidence behind it. Peppermint and chamomile suit some people too. The cup is genuine comfort, not a treatment for whatever is causing the sickness.

Ginger, the best-evidenced cup

Ginger has good evidence for easing nausea and is a common recommendation for travel sickness and queasiness after a rich meal. A weak, fresh ginger brew is the practical version. See Wikipedia: ginger and the NHS guide to feeling sick (nausea).

Peppermint and chamomile

Peppermint can settle a queasy stomach for some people, and chamomile is a mild, soothing option. Evidence is lighter than for ginger, but both are gentle. See Wikipedia: peppermint.

When the tea is the cause

Strong black or green tea on an empty stomach is a common reason for feeling queasy or shaky: the caffeine and tannins hit harder with no food to buffer them. If tea makes you feel sick, drink it weaker, with or after food, and not first thing on an empty stomach.

At a glance

Tea	For nausea
Ginger	Best-evidenced; travel sickness, rich meals
Peppermint	Settling for some (avoid if reflux)
Chamomile	Mild and soothing
Strong black / green	Can cause nausea on an empty stomach

FAQ

Best tea for nausea? Weak ginger tea.

Why does tea make me feel sick? Usually strong, caffeinated tea on an empty stomach. Drink it weaker and with food.

Does tea cure nausea? No. It is comfort; it does not treat the cause.

When should I see a GP? If nausea is severe, persistent, or comes with other symptoms, get it checked.

This is general information, not medical advice. Persistent or severe nausea should be checked by a GP or pharmacist.

FROM THE CURATOR

teas · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

Sources

- NHS: feeling sick (nausea)
- Wikipedia: ginger
- Wikipedia: peppermint

Part of: Tea for Digestion

- Tea & digestion (overview)
- Tea & acid reflux
- Tea & bloating and wind
- Tea & IBS
- Tea & gastritis

Shop ginger and herbal teas in the herbal & fruit range or browse the full tea shop (free UK postage over £35).

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

