# Is Ginger Tea Good For You? The Answer

From the teas.co.uk wiki

> **Ginger tea, in short:** Ginger tea is a warming caffeine free drink that has been studied for nausea; the blood thinning and pregnancy cautions are specific and worth respecting.

**Health note:** this page is general ginger information, not medical advice. Ginger tea makes a pleasant everyday drink; it is not a treatment. For anyone pregnant or breastfeeding, taking medication or managing a condition, a pharmacist or doctor is the right first stop before relying on a tea for health, and prescribed treatment always comes first.

*Last reviewed by the teas.co.uk team in March 2026.*

The short answer is: ginger tea is a good warming, caffeine free drink, and it is one of the herbal infusions that has been studied most for a specific use, nausea, with modest other findings and a few clear cautions.

## What is genuinely true

Ginger is a caffeine-free root infusion, warming and pleasant, and ginger has reasonably good evidence for easing nausea, including pregnancy-related and motion sickness, generally studied as ginger in defined amounts. A warm ginger drink is a long standing, comforting choice when queasy or chilled, a traditional habit rather than a new fashion.

## What is overstated

Claims that it flushes you out, burns fat or treats colds are overstated. Ginger does show some anti-inflammatory activity in studies, but a cup of ginger tea is not a demonstrated treatment for disease, and the strongest superfood claims run well ahead of the evidence for the drink as actually drunk.

## The specific cautions

Ginger can have a mild blood-thinning tendency at higher intakes, so people on anticoagulant medication or due for surgery should check first. Very high amounts can cause mild heartburn or stomach upset in some people. In pregnancy ginger is commonly used for nausea, but amounts matter and a professional check is wise. These are proportionate flags, not alarms.

## The practical answer

Ginger is a worthwhile caffeine free everyday drink, studied modestly for nausea; enjoy it for that and for its warming comfort, not as a fix for everything. Respect the blood-thinning and pregnancy-amount cautions if they apply. Brew it strong with fully boiling water and a long steep; fresh ginger gently simmered makes an excellent and stronger infusion than a bag.

### Ginger tea: claim and verdict, at a glance

| Claim | Verdict |
|---|---|
| Caffeine-free, warming, pleasant | True |
| Eases nausea (pregnancy, motion sickness) | Reasonably good evidence at defined amounts |
| Some anti-inflammatory activity | Real in studies; not a disease treatment in a cup |
| Flushing out / burns fat / treats colds | Overstated; runs ahead of the evidence |
| Anticoagulant meds / pre-surgery | Mild blood-thinning tendency at higher intake; check first |
| Pregnancy | Commonly used for nausea; amounts and a professional check matter |

### References and notes


- Britannica: Tea


FROM THE CURATOR

*teas* · Ginger tea is best compared by the price of a single cup. Loose dried ginger often wins, and a good supermarket bag sometimes matches it.

### More from the tea wiki


- Is hibiscus tea good for you?
- Is peppermint tea good for you?
- Ginger 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.

