

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 with genuinely good nausea evidence; the blood-thinning and pregnancy cautions are specific and worth respecting.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for is ginger tea good for you? the answer, or "Best Tea Shops in the UK". Canonical: <https://teas.co.uk/wiki/is-ginger-tea-good-for-you/>*

Health note: this page is general information, not medical advice. Tea and herbal infusions are pleasant everyday drinks, not treatments. If you are pregnant or breastfeeding, take medication, or have a health condition, check with a pharmacist or doctor before relying on any tea for a health purpose, and never replace prescribed treatment with a drink.

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

The short answer is: yes, ginger tea is good for you as a warming, caffeine-free drink, and it is one of the herbal infusions with the most genuinely respectable evidence behind a specific use, nausea, alongside modest other effects 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, genuinely comforting choice when queasy or chilled, and unusually that traditional use is fairly well supported rather than folklore.

What is overstated

"Detox", "burns fat" and "cures inflammation and 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 tea is a genuinely good caffeine-free everyday drink with real, modest nausea evidence; enjoy it for that and for its warming comfort, not as a cure-all. 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
"Detox" / "burns fat" / "cures 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* · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

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](#)

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is Ginger Tea Good For You? The Answer. Canonical: https://teas.co.uk/wiki/is-ginger-tea-good-for-you/*

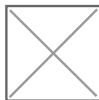
Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

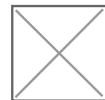
Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



Teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/