Ginger Tea Benefits

From the teas.co.uk wiki

> **Ginger tea benefits, in short:** the standout is nausea, ginger is one of the best-evidenced herbals for queasiness and travel sickness. It is also warming and caffeine free.

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

Ginger is the herbal with the strongest claim to a real benefit: easing nausea. It also warms you up, and with no caffeine in it you can drink it at any hour.

Nausea, the strong one

Ginger has good evidence for easing nausea, from travel sickness to general queasiness. A weak, fresh brew is the practical dose. See Wikipedia: ginger and our tea for nausea guide.

Digestion and warmth

Ginger helps move food through the stomach, easing that overfull feeling after a heavy meal, and its natural warmth is comforting when you are cold or run down. See tea for digestion.

Sensible limits

Very strong ginger can irritate the stomach for some, so keep it gentle. It is a comfort and support, not a treatment for a medical condition.

FAQ

Is ginger tea worth drinking? Yes: a warming, caffeine free cup, mostly used for nausea.

Does it help travel sickness? Yes, ginger is well evidenced for it.

How much? A weak cup as needed; go easy if strong ginger bothers your stomach.

This is general information, not medical advice.

FROM THE CURATOR

teas · Start with the simplest cup on this page, a ginger bag brewed plain. The other ginger blends can wait until week two.

Sources

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

Related

- Tea health benefits (overview)
- Ginger tea
- Tea for nausea

Shop ginger tea or the herbal & fruit range (free UK postage over £35).

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