

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 also supports digestion and is warming and caffeine-free.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ginger Tea Benefits. Canonical: <https://teas.co.uk/wiki/ginger-tea-benefits/>*

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 settles digestion and warms you up, and being caffeine-free it suits any time of day.

Nausea, the strong one

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Nausea, the strong one, Ginger Tea Benefits. Canonical: <https://teas.co.uk/wiki/ginger-tea-benefits/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Digestion and warmth, Ginger Tea Benefits. Canonical: <https://teas.co.uk/wiki/ginger-tea-benefits/>*

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 good for you? Yes, especially for nausea and digestion; it is caffeine-free.

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.

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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).

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ginger Tea Benefits. Canonical: https://teas.co.uk/wiki/ginger-tea-benefits/*

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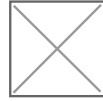
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