

Ginger Healing

Simple Home Remedies
for Every Filipino Family



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**Ginger Healing:
Simple Home Remedies
for Every Filipino Family**

*A practical guide to using Ginger
safely and effectively for cough, colds,
and daily wellness*

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PREFACE

In many Filipino homes, healing does not always begin in a clinic—it often starts in the kitchen.

A simple pot, a few slices of ginger, and a cup of warm water have long been part of how we care for one another. Whether it is a lingering cough, a cold night, or just the need for comfort, ginger has quietly played its role across generations.

Today, even modern doctors sometimes recommend what our elders have always known: that natural remedies, when used properly, can support healing. This book was inspired by such a moment—when a doctor advised a simple ginger brew alongside prescribed medicine for a persistent cough.

This guide does not claim that ginger is a cure-all. Instead, it offers practical, safe, and easy ways to use ginger as a supportive remedy in everyday life. It brings together traditional Filipino practices and simple scientific explanations to help you understand not just what to do—but why it works.

Whether you are caring for yourself, your family, or a loved one, this book is meant to be a helpful companion in your home.

Simple. Practical. Grounded in both tradition and care.

Why Ginger Works

Ginger is more than just a cooking ingredient. Beneath its strong flavor and aroma are natural compounds that help the body respond to discomfort and illness.

One of the key components of ginger is gingerol, a substance known for its anti-inflammatory and antioxidant properties. These properties help the body in several ways:

- Reducing throat irritation
- Supporting digestion
- Helping the body fight minor infections
- Promoting warmth and circulation

This is why ginger is often used when someone has a cough, sore throat, or feels “nilalamig.”

When consumed as a warm drink, ginger also provides a soothing effect. The heat of the beverage combined with ginger’s natural compounds can help relax the throat and ease breathing.

Modern research continues to explore ginger’s benefits, but what is clear is this: ginger works best as a supportive remedy—not a replacement for proper medical care.

In simple terms, ginger helps the body help itself.

Ginger in Filipino Tradition (Salabat Culture)

Long before modern medicine became widely available, Filipino households relied on simple, natural remedies to care for everyday illnesses. Among these, ginger held a special place.

Known locally as “luya,” ginger has been used across generations not just as a cooking ingredient, but as a source of comfort and healing. One of the most familiar preparations is salabat—a warm ginger drink often given to someone with a cough, sore throat, or chills.

In many homes, salabat is more than a remedy. It is an act of care.

A parent prepares it for a sick child. A spouse offers it before bedtime. An elder recommends it at the first sign of a cold. These small gestures reflect a deeper cultural value: *salabutan* through simple, accessible means.

Even today, this tradition continues. While modern medicine plays a vital role, many Filipinos still turn to ginger as a first line of support—especially for mild symptoms.

Understanding this cultural foundation helps us appreciate why ginger remains relevant. It is not just effective—it is familiar, trusted, and deeply rooted in everyday life.

Forms of Ginger

Ginger can be used in several forms, each with its own advantages. Knowing when and how to use each type allows you to get the most benefit.

Fresh Ginger Root

This is the most common form found in Filipino kitchens. It is ideal for making salabat and cooking. Fresh ginger contains natural oils that provide both flavor and therapeutic effects.

Best for:

- Tea or decoction (salabat)
- Cooking
- Immediate home remedies

Ginger Powder

Made from dried and ground ginger, this form is more concentrated in flavor but slightly different in composition compared to fresh ginger.

Best for:

- Quick preparation
- Mixing into warm drinks
- Travel or storage convenience

Ginger Oil

Ginger essential oil is more concentrated and is typically used externally.

Best for:

- Massage (for muscle discomfort)
- Aromatherapy

Important: Ginger oil should not be ingested unless specifically labeled as safe for consumption.

Capsules and Supplements

These are commercially prepared and offer convenience, but they are less traditional and may vary in quality.

Best for:

- Supplementation when recommended
- Those who prefer measured intake

For everyday home use, fresh ginger remains the most practical and accessible choice.

The Basic Ginger Brew (Salabat)

This is the most common and effective way to use ginger at home.

Ingredients:

- 1 thumb-sized piece of fresh ginger
- 2 cups of water
- Honey (optional)

Steps:

Wash and slice the ginger thinly (no need to peel if clean).

Boil in water for 10–15 minutes.

Strain into a cup.

Add honey to taste.

Best Time to Drink:

- Before bedtime (for cough relief)
- Early morning (for warmth and digestion)

Tips:

- For stronger effect, crush the ginger slightly before boiling.
- Drink while warm, not too hot.

This simple drink—often called salabat - is one of the easiest ways to bring comfort to the body, especially during cold or rainy days.

Ginger for Cough and Sore Throat

Cough and sore throat are among the most common reasons people turn to ginger.

The warmth of ginger combined with its natural compounds helps soothe irritation in the throat and may reduce the urge to cough.

Simple Ginger Remedy for Cough:

Ingredients:

- Fresh ginger slices
- 2 cups water
- 1–2 teaspoons honey

Steps:

Boil ginger for 10–15 minutes.

Strain and let it cool slightly.

Add honey and stir well.

How to Use:

- Drink 1 cup before bedtime
- Can also be taken 2–3 times a day if needed

Why It Helps:

- Warm liquid soothes the throat
- Ginger helps reduce inflammation
- Honey coats and calms irritation

Reminder:

If cough persists for more than a few days or is accompanied by fever or difficulty breathing, consult a doctor.

Ginger for Digestion and Bloating

Ginger has long been used to support digestion.

It helps stimulate digestive enzymes, which can make it easier for the body to process food. This is why ginger is often recommended after heavy meals or when experiencing bloating.

Simple Digestive Ginger Drink:

Ingredients:

- Thin slices of ginger
- Warm water

Steps:

Steep ginger in hot water for 5 - 10 minutes.

Drink after meals.

Benefits:

- Reduces bloating
- Eases stomach discomfort
- Supports smoother digestion

Tip: A small cup after eating can make a noticeable difference, especially after oily or heavy meals. As always, persistent digestive issues should be checked by a healthcare professional.

Ginger for Immunity and Daily Wellness

Maintaining good health is not only about treating illness - it is also about prevention. Ginger can be part of a simple daily routine that supports overall wellness.

Daily Ginger Habit:

- A warm cup of ginger tea in the morning
- Optional: add a few drops of lemon juice

Potential Benefits:

- Supports immune function
- Promotes warmth in the body
- Helps you feel refreshed and energized

While ginger is not a guarantee against illness, regular use may help the body stay more resilient. Think of ginger not as a cure, but as a daily partner in maintaining balance.

Bedtime Remedies (Doctor-Recommended Practices)

Nighttime is often when cough and discomfort become more noticeable. A simple bedtime routine using ginger can help promote better rest.

Bedtime Ginger Drink:

Ingredients:

- Ginger brew (salabat)
- Honey

Steps:

Prepare a warm ginger drink

Add honey for soothing effect

Drink 30 minutes before sleep

Additional Tips:

- Avoid cold drinks before bedtime
- Keep the body warm
- Elevate the head slightly when sleeping

Why This Works:

- Warm liquids relax the throat
- Ginger reduces irritation
- Honey helps calm coughing

This approach is often recommended alongside prescribed medication—not as a replacement, but as added support. A good night’s rest is an important part of recovery.

What to Prepare When Someone is Sick

When a family member becomes sick, having a simple plan can make a big difference. Ginger can be part of a supportive care routine at home.

Basic Home Care Setup:

Ginger Brew (Salabat) - prepare fresh ginger tea and keep it warm in a flask for easy access.

Hydration - encourage the patient to drink warm fluids regularly.

Light Meals - serve easy-to-digest foods such as lugaw or soup.

Rest - ensure the person gets enough sleep and avoids cold exposure.

Comfort Measures - keep the room well-ventilated but not too cold.

Simple Routine:

- Morning: Warm ginger drink
- Afternoon: Light meals + hydration
- Evening: Ginger drink before bedtime

This routine supports the body while prescribed medications do their work. Caregiving does not need to be complicated - consistency and comfort matter most.

Remedies for Children and Elderly (With Caution)

Children and elderly individuals require extra care when using home remedies.

For Children:

- Use weaker ginger preparations (more water, less ginger)
- Avoid very strong or concentrated brews
- Do not give to infants unless advised by a doctor

For the Elderly:

- Monitor for sensitivity (especially stomach discomfort)
- Be cautious if they are taking maintenance medications

General Guidelines:

- Start with small amounts
- Observe for any reactions
- Stop use if discomfort occurs

Important: Always consult a healthcare professional if unsure, especially for young children and seniors with existing conditions. Gentle and careful use is key.

Combining Ginger with Other Ingredients

Ginger can be combined with other natural ingredients to enhance its effects and improve taste.

Ginger + Honey

- Soothes throat irritation
- Helps reduce coughing
- Adds natural sweetness

Ginger + Lemon

- Adds vitamin C
- Provides a refreshing flavor
- Supports immune health

Ginger + Turmeric

- Both have anti-inflammatory properties
- Often used for body aches and general wellness

Simple Combination Drink:

Ingredients:

- Ginger slices
- Water
- Honey
- Lemon juice

Steps:

Boil ginger

Add lemon after cooling slightly

Stir in honey

This combination is both soothing and enjoyable, making it easier to take regularly.

Natural remedies work best when they are both effective and pleasant to use.

When NOT to Use Ginger

While ginger is generally safe, it is not suitable for everyone in all situations.

Avoid or limit ginger if:

- You have stomach ulcers or severe acid reflux
- You are taking blood-thinning medication
- You are pregnant (consult a doctor first)
- You experience allergic reactions

If symptoms persist or worsen—such as high fever, severe cough, or difficulty breathing—seek medical attention immediately.

Ginger is a helper, not a replacement for proper care.

Possible Side Effects

Although ginger is generally safe, some people may experience side effects.

Possible Reactions:

- Stomach irritation
- Heartburn
- Mild diarrhea (if taken in large amounts)

Who Should Be Careful:

- People with sensitive stomachs
- Those taking blood-thinning medication
- Individuals with certain medical conditions

Safe Use Tips:

- Do not overconsume
- Stick to moderate amounts
- Listen to your body

If any unusual symptoms occur, discontinue use and consult a healthcare professional. Balance is always important - even with natural remedies.

When to See a Doctor

Home remedies are helpful, but they have limits. Seek medical attention if you experience:

- Persistent cough lasting more than a week
- High fever
- Difficulty breathing
- Chest pain
- Severe weakness

These may indicate a more serious condition that requires professional care.

Important Reminder: Ginger can support recovery, but it should never replace proper medical treatment when needed. Knowing when to seek help is part of responsible self-care.

7-Day Ginger Wellness Routine

This simple plan helps you incorporate ginger into your daily routine.

Day 1–2:

- Morning: Ginger tea
- Evening: Ginger + honey

Day 3–4:

- Morning: Ginger + lemon
- After meals: Light ginger drink

Day 5–6:

- Morning: Ginger tea
- Evening: Ginger + turmeric

Day 7:

- Light ginger tea once or twice

Goal:

- Build a gentle habit
- Support overall wellness
- Observe how your body responds

This routine can be repeated or adjusted based on your needs.

Quick Reference Cheat Sheet

For Cough:

- Ginger + honey
- Drink warm, especially before bed

For Digestion:

- Ginger tea after meals

For Daily Wellness:

- 1 cup in the morning

For Better Sleep:

- Warm ginger drink before bedtime

Safety:

- Use in moderation
- Avoid if symptoms worsen
- Consult a doctor when needed

Keep this guide simple and easy to follow—it is meant to support, not complicate, your daily routine.

NOTES

Discover the natural healing power of ginger in your own home!

- Soothe coughs and colds naturally
 - Boost digestion and wellness
 - Easy recipes and safety tips for *the whole family*
-

Practical • Affordable • Family-Friendly

*A helpful guide to using ginger for better health,
the Filipino way.*

**From salabat, to simple remedies, care for
your loved ones with the warmth
of tradition.**

