

Ginger Tea Readable Trial Planner

Use this planner if you want to test ginger tea without making the symptom pattern harder to interpret.

Setup

Trial length: 3 to 7 days

Form: ginger tea

Goal symptom: nausea, mild upper-GI discomfort, or meal-related heaviness

Do not change at the same time: new supplements, major diet changes, new probiotic, new enzyme, or new medication unless directed by a clinician

Daily Tracker

Day	Timing	Nausea 0-10	Fullness 0-10	Heartburn/reflux 0-10	Stool change?	Keep, adjust, or stop?
1						
2						
3						
4						
5						
6						
7						

Stop Signs

Stop the trial and reassess if ginger tea seems to trigger:

- stronger heartburn
- diarrhea
- mouth or throat irritation
- worsening nausea
- a symptom pattern that no longer feels mild or familiar

Decision Notes

After the trial, ask:

1. Did the target symptom actually change?
2. Did any other symptom get worse?
3. Was the pattern mild and readable, or is it time to route to a medical or symptom-sorting guide?