

Ginger Symptom Experiment Tracker

Use this only for mild, non-urgent symptoms after checking that ginger is a reasonable self-care experiment for your situation.

Setup

Symptom to track: _____

Form chosen:

- tea
- capsule or extract
- food-style ginger

Timing chosen: _____

Other changes I will avoid during this trial: _____

Seven-Day Tracker

Day	Form and timing	Main symptom before	Main symptom after	Side effects	Keep, stop, or ask
1					
2					
3					
4					
5					
6					
7					

Stop Signals

Stop the experiment and consider medical advice if you notice:

- more heartburn or reflux
- diarrhea or abdominal discomfort that is clearly worse
- mouth or throat irritation
- vomiting, severe pain, blood in stool, weight loss, or dehydration
- any reaction that feels unsafe or unusual

Review

Did the target symptom improve?

Did side effects appear?

Was the result clear enough to keep using this form?

Do I need a different route, such as functional dyspepsia, bloating troubleshooting, enzymes, or clinician evaluation?