

Ginger Soother (Egg-Free, Gluten-Free, Nut-Free, Soy-Free)

I don't know about you, but as a kid, I had horrible carsickness. My parents unaware of natural remedies would drug me with Dramamine, which did succeed … in rendering me unconscious for hours followed by an entire day of zombie-like behavior. Not exactly your typical bouncy eight-year-old. For the most part, I have outgrown my queasy stomach, though not completely. The occasional bout of bumpy travel, or even just a bad day of nausea can leave me wishing I could just lay in bed and close my eyes.

Luckily, since my childhood years I have discovered ginger. This potent spice does help to tame my tummy troubles, naturally. With a pantry always stocked with crystallized ginger, I often view the golden gems as a tasty reward to ease my suffering. Okay, sometimes I munch on them when my stomach is fine too!

Needless to say, I was elated to discover the many “portable” ginger treats from The Ginger People. Ginger Chews and candies dot their product line, but it was one of their newest products that peaked my curiosity, the Ginger Soother. This new beverage packs a good dose of spicy ginger in a sweet juice package.

After spying the sugar level, I was certain that it would be an overly sweet concoction, but to my pleasant surprise, it was just sweet enough (sweetened with honey) to keep the ginger in check, making for a lightly sweet and spicy beverage. An excellent move, as it is easily palatable by taste buds of all ages, without venturing into the syrupy flavors of Snapple or the overly powerful bite of fresh ginger.

Somehow craving a little bubbly, I headed to the fridge to grab or last bottle of Pellegrino (one of life's little luxuries you know). Interestingly enough, I often find mineral water to be a good tummy tamer, so I began to wonder if this might double dose the calming effects of this already tasty beverage. Well, I guess I will have to wait on that experiment, as my husband stole the last bottle!

Really, my stomach was a bit disturbed after lunch, and I must admit, it felt much calmer after I drank less than half of a ginger soother. I can only imagine how many ladies will swoon over this beverage while pregnant!

My Extra Notes & Tips

- From the Ginger People: Ginger Soother is a silver finalist in the National Association for the Specialty Food Trade (NASFT) 2007 award competition. The contest, which is regarded as the academy awards of the food and beverage industry, rates thousands of products from throughout the U.S. and Europe. The Ginger Soother is a silver medalist in the Outstanding Cold Beverage category.
- They have a fun Ginger Soother Club on the Ginger People website. Send in your best “I've been soothed” photo and they will send you a free ginger soother gift pack!
- I “soothed” over ice, but apparently, this beverage is also good when heated.
- Ingredients: Filtered water, honey, ginger juice, lemon juice, natural flavor. Each bottle contains 19g of ginger.

Where to Purchase: Ginger People products are sold at Cost Plus, Whole Foods (it seems the Soother is readily sold there), and Trader Joes (I haven't spotted the Soother in my local Trader Joe's yet, but I have seen their chews there). If you have trouble finding Ginger Soother, just order it online, direct from The Ginger People. At 6 bottles for \$12 this is one worthwhile deal I must admit!

If you are looking for an even better price though, I viewed the Soothers at a discount via Amazon. Last time I checked, they came out to just \$1.69 per bottle. Oh yes, and The Ginger People products are available in select natural food stores in Canada, the UK, and Japan.