



Mom *of* 3
boys

Ginger ale does help settle an upset stomach, and more so than other carbonated beverages. While you would get *some* benefit from any carbonated beverage, the ginger is known to help with nausea and upset stomach. It is best, though, to get a good brand of Ginger Ale that actually contains ginger. Some of the "ginger ales" are just flavored, and that is different - because you're not getting the benefits of the ginger. Reed's Ginger Brew is a good one. They also make a good Ginger Chew Candy that helps me with morning sickness, and my son uses it for nausea and says it works for him as well.

1 day ago

Source(s):

Reed's homepage:

<http://www.reedsgingerbrew.com/index.php>

Reed's Ginger Brews:

<http://www.reedsgingerbrew.com/brews.php>

Reed's Ginger Chews:

<http://www.reedsgingerbrew.com/candy.php>

You can also find their products in your local health food store.

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