



Warming Ginger Tea

Ingredients:

- 1 large fresh ginger root (peeled and cut into 1-inch chunks (8-10 chunks)
- 5 cups of water
- Juice from ½ lemon
- ½ tsp honey
- ¼ tsp cinnamon
- Dash of cayenne powder

Directions:

- In a saucepan, simmer the ginger chunks in 5 cups of water for 20-30 minutes.
- Strain out the chunks.
- Add lemon juice, honey, cinnamon and cayenne powder to your taste.

BENEFITS

- Reduce Inflammation and Improves Nutrient Absorption: Ginger has been found to be a natural anti-inflammatory and improves absorption of nutrients in the colon.
- Detoxifying: Ginger promotes sweating, and sweating is the body's natural way of cleansing itself of toxins.
- Digestion: Ginger is known for its pro-digestion properties; ginger-ale is consumed by many to aid it.
- Burns Calories: Ginger slightly raises the body's temperature and thus helps burn calories.
- Eases Flu and Cold Symptoms: Ginger's properties can also help relieve certain flu and cold symptoms like aches and pains.
- Relieves headaches, Can treat diarrhea, Assists with blood pressure, Can lower cholesterol.