



GINGER & TURMERIC TEA

INGREDIENTS:

- some grated fresh ginger root
- some grated fresh turmeric root
- a bit of ground black pepper (enhances bioavailability of turmeric)

INSTRUCTIONS:

Bring all the ingredients to boil in a saucepan. Remove from heat. Let it steep for 10 - 15 minutes. Enjoy!

Optionally add fresh lemon juice and honey (when the liquid cools to room temperature). The tea is especially beneficial in the morning giving you instant energy boost and improving metabolism.

HEALTH BENEFITS:

- cleansing, especially helpful for detoxifying kidneys and liver
- antioxidant
- anti-inflammatory
- helps fighting depression
- helps reducing pain
- reduces risk of cancer