

GINGER DIGESTIVE TEA: FOR STIMULATION OF DIGESTION, RESPIRATORY TRACT, AND ELIMINATION OF TOXINS:

$\frac{1}{4}$ tsp cumin seeds

$\frac{1}{4}$ tsp coriander seeds

$\frac{1}{4}$ tsp fennel seeds

$\frac{1}{4}$ tsp turmeric

$\frac{1}{4}$ tsp cinnamon (in winter)

$\frac{1}{4}$ tsp licorice root

1.5-2 tsp fresh grated ginger (not dry, too heating)

1 quart of filtered water

Boil water and add spices (You can grind the whole spices all together and put in a jar as they're good for a few months, and use a little over 1.5 tsp). Turn off heat and cover, and let stand for 5 minutes. Strain and drink Small sips of warm water during a meal will aid digestion and improve absorption, help with sugar control. Fresh ginger tea has at least 12 potent antioxidants, which gives the body special resistance to free radicals and byproducts of metabolism that increase damage to cells.. Put in a large thermos and sip throughout the day in winter, all winter. Avoid iced or cold water as it reduces agni (digestive fire)