

ANTI-INFLAMMATORY (GINGER) TEA

INGREDIENTS

- * Fresh ginger root (organic if possible), about 5 to 6 inches long, washed/scrubbed, but unpeeled
- * If you can find it, two pieces of fresh turmeric root, about 3 inches long each, washed/scrubbed, but unpeeled (check the produce sections of Asian/international grocery stores)
- * 8 c water
- * Optional sweetener: honey, agave nectar, stevia extract, or turbinado sugar

DIRECTIONS

- * Grate ginger (and turmeric) with zester/fine cheese grater
- * Boil water
- * Add ginger/turmeric to boiling water and cook for 20 min
- * Strain pieces (if desired)
- * Drink hot or cold (with ice if you like), 1 or 2 oz at a time throughout the day (4 to 6 times/day)

Keeps for about a week in the refrigerator