

## Fenugreek Tea (to drink)

### Ingredients

- 1 teaspoon fenugreek seeds (whole)
- 1 cup (240 ml) water
- Optional (to soften bitterness): 1 thin slice fresh ginger or cinnamon stick, lemon wedge, 1 tsp honey (add after steeping)

### Step-by-Step

1. Rinse & crush: Rinse the seeds in a sieve. Lightly crush them with the back of a spoon (just cracked—this releases flavor and beneficial compounds).
2. Optional mellowing: Dry-toast the cracked seeds in a small pan over low heat, 30–45 sec, stirring. Don't brown—just fragrant.
3. Simmer: Add seeds + water to a small pot. Bring to a gentle boil, then lower heat and simmer 8–10 min (lid on).
4. Rest: Turn off heat, keep covered 5 min so volatile compounds don't escape.

5. Strain & finish: Strain into a cup. Add ginger/cinnamon during simmer if using; add lemon/honey after it cools slightly.
6. How much: Start with 1 cup daily, preferably with food (reduces stomach upset).

### Benefits (why drink it)

- Scalp & hair support: Iron, amino acids, and saponins may help reduce shedding and nourish follicles from within.
- Digestive calm: Can reduce bloating and support regularity (soluble fiber).
- Metabolic support: May help maintain healthy post-meal blood sugar.

### Warnings

- Blood pressure / blood sugar: Fenugreek can lower both—if you have hypertension, hypotension, or diabetes, talk to your primary doctor first and monitor closely.
- Med interactions: May enhance effects of blood thinners and diabetes meds.
- Pregnancy: Avoid unless cleared by your clinician (possible uterine stimulation).

- Possible mild GI upset or a maple-syrup body odor—both harmless but notable.