

Ginger Tea

Ingredients

- 1 tablespoon fresh ginger root (sliced thinly)
- 1 cup (240 ml) water
- Optional: honey or lemon

Instructions

1. Wash and peel the ginger root.
2. Slice it thin to expose more surface area.
3. Boil 1 cup water and add ginger slices.
4. Simmer for 10 minutes (stronger flavor = longer simmer).

5. Strain and pour into a cup. Add honey or lemon if desired.

Benefits

- Improves digestion and relieves nausea.
- Anti-inflammatory, helps with joint and muscle pain.
- Boosts circulation and immunity.

Warnings

- May thin the blood; avoid high amounts if on blood-thinning medication.
- Can increase heartburn in sensitive people.
- Always check with your primary doctor if you have **blood pressure** or heart conditions.