

Ginseng Tea

Ingredients

- 1 teaspoon dried ginseng root (sliced)
- 1 cup water

Instructions

1. Rinse ginseng slices briefly.
2. Place them in a small saucepan with 1 cup water.
3. Bring to a gentle boil.
4. Reduce heat and simmer for 10–15 minutes.
5. Strain into a cup and drink warm.

Benefits

- Boosts energy and reduces fatigue.
- Supports immunity and brain function.
- May improve circulation and sexual vitality.

Warnings

- Can raise blood pressure or cause insomnia if overused.
- Avoid combining with caffeine.

- Consult your doctor if you have heart problems or hypertension.
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