

Tea for Joint Pain & Inflammation (Turmeric + Ginger Tea)

Ingredients

- 1 teaspoon ground turmeric (or 1 inch fresh turmeric root, sliced)
- 1 teaspoon fresh ginger, grated
- 1 pinch black pepper (helps absorb turmeric's curcumin)
- 1½ cups water
- 1 teaspoon lemon juice (optional)
- 1 teaspoon honey or stevia (optional)

Instructions

1. Bring water to a boil in a small pot.

2. Add turmeric, ginger, and black pepper.

3. Lower heat and simmer for **5 minutes**.

4. Remove from heat, cover, and let steep another 5 minutes.

5. Strain into a mug and add lemon juice or honey.

Benefits

- Turmeric reduces inflammation and joint stiffness.
- Ginger improves circulation and decreases swelling.
- Black pepper increases curcumin absorption.