

# Turmeric Tea

## Ingredients

- 1 teaspoon ground turmeric (or 1-inch fresh turmeric root, sliced)
- 1 cup water
- Optional: ½ teaspoon black pepper (boosts absorption), 1 teaspoon honey, or coconut milk for creaminess

## Instructions

1. Place turmeric (fresh or ground) in a saucepan with water.
2. Bring to a boil, then **simmer 7–10 minutes**.
3. Add a **pinch of black pepper** during simmering (this greatly improves curcumin

absorption).

4. Strain into a cup. Stir in honey or milk if desired.

## **Benefits**

- Powerful **anti-inflammatory** — supports joint, muscle, and immune health.
- Aids digestion and liver detox pathways.
- May improve circulation and reduce oxidative stress.

## **Warnings**

- Can **thin blood** — avoid high amounts if on anticoagulants.
- May cause stomach upset if consumed in large doses.

- People with gallstones or bile duct issues should avoid concentrated turmeric tea.
- Always consult your doctor if you have **blood pressure concerns** or take medications.