

Lemon / Ginger / Turmeric Tea

The go to magic immune boosting, anti-inflammatory, digestion improving drink

Ingredients:

1 fresh **lemon**

2cm piece of **fresh ginger**

Good grind of **fresh pepper corns**

1cm piece of **fresh turmeric**

2 cups **water**

Directions:

- 1) squeeze the juice from the **lemon** into a teapot - Lemon moves the liver energy - the liver being the organ that controls the smooth flow of energy in all the meridians. From a western perspective it is very high in vitamin C. It improves skin health, weight loss & acts as a breath freshener. Lemon benefits sore throat & has a mild diuretic effect helping you flush excess water.
- 2) Peel the skin of the **ginger** & grate (I use a microplane grater) into the teapot onto of the lemon - the peel is a diuretic so unless you desire this quality peel! Ginger warms the digestion supporting particularly the spleen in Oriental medicine. From a western perspective it benefits your metabolism & has a detoxing effect helping you remove unwanted chemicals.
- 3) Peel the **turmeric** & grate into the teapot - you might want to wear gloves as the orange colour can stain your fingers!
- 4) Grind some **pepper** onto into the tea pot. This is a vital step as pepper makes the curcumin the active beneficial component in turmeric bioavailable. Without this you will only absorb about 2% from the turmeric & since this is the main anti-inflammatory, pain relieving property we are after that's a pity!
- 5) Pour hot boiling water over the ingredients & leave to steep for at least 5 minutes to draw the flavours into the tea.
- 6) Pour the tea through a strainer into your cup - some people like to drink this tea with a straw as the turmeric can give a yellow stain to your teeth if you drink a lot of this!

If you like your tea sweet, you can add a little **honey** - the best would be **Manuka honey** for added therapeutic effect (anti-bacterial, anti-viral, anti-inflammatory)

Optional - you can add a pinch of **cinnamon**. - it helps to lower blood sugar. Cinnamon warms the digestion & helps to fight bacterial & fungal infections. Very good for oral health.