

## ANTI-INFLAMMATORY (GINGER) TEA

### INGREDIENTS

- \* Fresh ginger root (organic if possible), about 5 to 6 inches long, washed/scrubbed, but unpeeled
- \* If you can find it, two pieces of fresh turmeric root, about 3 inches long each, washed/scrubbed, but unpeeled (check the produce sections of Asian/international grocery stores)
- \* 8 c water
- \* Optional sweetener: honey, agave nectar, stevia extract, or turbinado sugar

### DIRECTIONS

- \* Grate ginger (and turmeric) with zester/fine cheese grater
- \* Boil water
- \* Add ginger/turmeric to boiling water and cook for 20 min
- \* Strain pieces (if desired)
- \* Drink hot or cold (with ice if you like), 1 or 2 oz at a time throughout the day (4 to 6 times/day)

*Keeps for about a week in the refrigerator*