

Ginger Tea

Warming and mildly tonifying, ginger tea is a wonderful remedy for everything from indigestion due to too much cold raw food to stomach ulcers. It is helpful to some women in relieving morning sickness (if there is too much heat, ginger tea will make morning sickness worse and the correct remedy would be bamboo tea).

5 slices of fresh ginger, about the size of a quarter
2 cups water

Place ginger and water in a saucepan. Bring to boil, then reduce heat and simmer on low for 15-20 minutes. Strain the liquid and enjoy.

Ginger tea is quite spicy in nature, and if the ginger is old, may be a bit bitter. It is ok to sweeten ginger tea with a spoonful or so of honey.

If you are in the early stages of a cold or flu, add a cinnamon stick to the ginger and water and cook as before. After straining, add 1 Tbsp. lemon juice, and 1 Tbsp. honey. Drink the whole cup of tea, wrap yourself in a thick blanket, and go to bed. You will likely sweat a lot, which will help to relieve the cold.