DRINKS & SMOOTHIES

Lemon, Ginger & Turmeric Tea: a Medical Drink to Heal & Prevent Colds and Flu

By bestfolkmedicine · 12/06/2018 · 2 min read



Want to bring your warm-lemon-water-in-the-morning ritual to the next level?! You can easily achieve this with the help of two powerful ingredients, i.e. turmeric and ginger! This homemade elixir with these three potent ingredients is abundant in beneficial antioxidants that will cleanse the blood and liver and enhance the digestive processes. This is the perfect natural remedy against a variety of different health issues, including cold and flu symptoms, seasonal allergies, tiredness, chronic ache, IBS, and digestive problems as well.

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The Healing Benefits of Turmeric & Ginger and Lemon Water

Turmeric will help you:

- ***Minimize infections***
- ***It will boost the body's antioxidant capacity***
- ***Betters the brain functions and lowers the risk of brain illnesses***
- ***Decreases the chances for heart disease***
- ***It can treat and avert cancer***
- ***It may prevent and treat Alzheimer's***
- ***Beneficial for arthritis sufferers***
- ***It relieves depression***
- ***Slows down the aging process***

Ginger has the following advantages for your overall health:

- ***Effective in reducing nausea***
- ***Fights off fungal infections***
- ***Prevents stomach ulcers***
- ***Alleviates ache associated with menstruation***
- ***It averts cancer***
- ***Keeps the blood sugar levels balanced***
- ***Minimizes joint and muscle ache***
- ***Decreases the cholesterol***
- ***Betters brain function***
- ***It is beneficial for the digestion***

Lemon water is known for the following healing properties:

- ***Hydrates the whole body***
- ***It supplies you with the much needed vitamin C***

- ***Keeps the skin healthy***
- ***It triggers healthy weight loss***
- ***Eases digestion***
- ***Maintains a fresh breath***
- ***Averts kidney stones***

How to Make Lemon, Ginger & Turmeric Tea

You will need:

A tsp of turmeric, grated

A tsp of ginger, grated

3 twists of black pepper

Juice from half a lemon

2 tsp of honey

One and a half cup of filtered water

Preparation: Mix the ginger, turmeric, and water in a saucepan and bring it to medium-high heat. Simmer the mixture for 10 minutes, but remove it briefly before the boiling point and then strain the liquid into a mug and add the honey and lemon juice. Stir it well and you can now drink it! Feel free to spice up things with some mint springs or a dash of cinnamon.

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Important to note:

When grating the turmeric root, make sure you do this on a protective cover placed onto your counter top in order to prevent staining!

Sources:

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