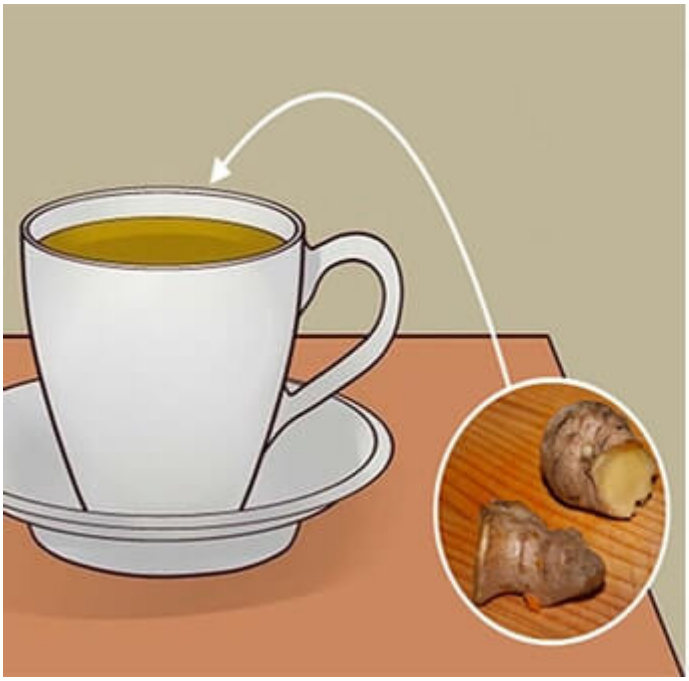
DRINKS & SMOOTHIES

What Happens To Your Body When You Consume Ginger Tea With Honey Every Day

By bestfolkmedicine · 14/08/2018 · 1 min read





Throughout different cuisines, ginger is commonly used as an addition to different meals in order to enhance their flavor. However, ginger is also known to be a powerful natural remedy which has long been used to alleviate cold and flu symptoms and to treat digestive problems and poor blood flow. When it comes to ginger, we should also mention ginger water and ginger tea that have the power to treat infections, drain the sinuses, and avert colds and the flu. Also, it is highly recommendable against joint ache.

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With this in mind, in today's article we decided to show you the best recipe for ginger and honey tea. You just need a couple of easily affordable ingredients and a bit of your time to prepare this amazing

natural cure.

Homemade Ginger Water Recipe

You will need:

¼ tsp of ginger

A cup of water

¼ tsp of turmeric

Some coconut milk

Honey

Preparation: First, boil the water and then add the ginger and turmeric and leave them to simmer for 15 minutes and then turn off the heat. Wait for the mixture to cool down and then strain it. Add the coconut milk and honey and stir.

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Use: Consume it on the daily, especially during the colder months.

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