DRINKS & SMOOTHIES

Drink This Ginger-Turmeric Combo Before Bed to Clean Your Liver And Never Wake Up Tired Again

By bestfolkmedicine · 19/10/2018 · 2 min read

If you are the type of person who likes to keep up with the latest trends in the natural health world, you've probably heard of golden milk by now. Golden milk is a combination of herbs and spices with coconut milk and coconut oil. It is not only delicious, but it also contains truckloads of nutrients which offer numerous health benefits to us. Here is the recipe:

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You will need:

- *1 teaspoon of turmeric*
- *1 small piece of fresh ginger (peeled and minced)*
- *1 tablespoon of coconut oil*
- *2 cups of coconut milk*
- *1 teaspoon of honey*
- *½ teaspoon of cinnamon*
- *1 pinch of black pepper*

Instructions:

Add all the ingredients to a sauce pan and heat them up for 5 minutes. That's all there is to it; as easy as boiling an egg!

The beverage can be consumed as soon as you prepare it, and it can be drank throughout the day, even though it's most common practice to have it in the morning. Most people find it helps them when consumed on an empty stomach, or just before going to bed.

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The ingredients on their own have numerous health benefits, and they are widely used in the natural medicine community for all sorts of health-related issues:

Ginger contains a large number of antioxidants which prevent cancer. It is also rich in anti-inflammatory compounds and phytonutrients that can help with menstrual pain and discomfort, blood sugar regulation, digestive issues, and even common cold.

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Turmeric is effective in treating muscle and joint pain, as well as skin issues, respiratory tract problems, stomach issues, liver disease, and, once again, common cold and flu symptoms.

Coconut oil can be extremely helpful in speeding-up the process of wound healing. It also aids the digestion process, acts as a skin moisturizer, prevents kidney and liver disease, and helps with losing weight.

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Honey is a potent antibacterial natural remedy. It has been used for centuries to prevent and treat allergies and colds.

Black pepper helps our body absorb other nutrients more efficiently, and it also contains antioxidants that prevent cell damage caused by free radicals.

Coconut milk contains high amounts of electrolytes, magnesium, vitamin B, and other ingredients commonly referred to as cell fuel. As with most other types of milk, coconut milk contains calcium which improves our bone strength.

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When combined, these ingredients make a drink called *Haldi ka doodh*; a popular remedy with roots in Ayurveda medicine. Ayurveda used this drink, which we call turmeric, or gold milk, for centuries in order to detoxify the body and treat numerous other conditions, such as blood sugar irregularities and inability to sleep.

Apart from drinking it in a milk or shake form, you can use the ingredients and make this drink a powerful addition to any pasta, tea, or a soup.

Source: Healthiest Alternative

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