DRINKS & SMOOTHIES

Mix Turmeric, Coconut & Ginger & Drink It before Bed: You Will Be Surprised in the Morning

By bestfolkmedicine · 23/01/2019 · 2 min read



Turmeric milk or as golden milk is an Indian beverage which has been recently been gaining a lot of popularity in the West. This yellow drink is made by warming up milk with turmeric and combining it with ingredients like ginger and turmeric.

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In addition to its pleasant taste, aroma, and "golden" appearance, the beverage is also recommended for consumption because of its numerous healing properties. Namely, many use it as an alternative cure to enhance the immune system and prevent diseases.

Before we show you how to prepare your own golden milk at home in a couple of steps, let us learn more about its healing potential.

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5 Major Health Benefits of Golden Milk

- **Powerful antioxidant**

Curcumin is the active ingredient in turmeric and possesses antioxidant capacity. Antioxidants are compounds that fight against cell damage and avert oxidative damage.

- **Lowers inflammation and joint ache**

The anti-inflammatory power of the ingredients in golden milk can be of great aid in decreasing inflammation which is the major reason for illnesses like cancer, cardiovascular disease, and Alzheimer's.

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- **Boosts the brain functioning and memory**

According to studies, curcumin may have the capacity to elevate the levels of BNDF in the brain- a compound that helps the brain in the formation of new connections and brain cells. Ginger is known to better the brain function by boosting the reaction time and memory.

- **Elevates the mood**

Curcumin may be able to relieve depression symptoms, according to a study.

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- **Decreases the risk of heart illness**

Ginger and turmeric were associated with a lower chance of heart illness. And, curcumin may better the functioning of the blood vessel linings that is vital for a healthy heart.

Golden Milk Recipe

You will need:

A 1-inch ginger root or a tsp of ginger powder

2 cups of coconut milk

A tsp of turmeric

¼ tsp of ground black pepper

A tbsp of honey, organic

A bowl

A saucepan

A cup

Preparation: In a larger bowl, combine all of the ingredients, except the honey. Mix well to get a homogeneous mixture. Then, transfer the content into a saucepan and bring it to medium heat. Cook for 5 minutes and now add the honey. Mix and remove it from heat. Pour it into a cup. Enjoy while warm.

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Use: Drink a cup of the milk an hour before going to bed. In the morning, you will be full of energy.

Extra tip: For an additional flavor and healing boost, add a dash of cinnamon powder on top.

Sources:

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