DRINKS & SMOOTHIES

Turmeric Ginger Lemonade to Relieve Joint Pain, Reduce Blood Pressure, Boost Heart Health and Immune System

By bestfolkmedicine · 26/05/2019 · 2 min read



Without doubt, ginger and turmeric are considered to be powerful superfoods that have strong anti-inflammatory characteristics. Hence, their regular consumption can help fight off excessive inflammation which has been linked with major health issues, including cancer, arthritis, and heart illness.

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The curcumin present in turmeric is a substance with anti-inflammatory and antimicrobial characteristics and it is regularly used to relieve joint ache, digestive issues, belly ache, excessive gas, and more. Continue

reading the article to learn how to prepare this tasty and healing drink.

Healing Beverage: Turmeric & Ginger Lemonade

This remedy also contains black pepper that helps improve the absorption of turmeric in the body. The nutritional profile of turmeric is really amazing and one tbsp will supply you with manganese, iron, potassium, vitamin C, protein, fat, carbs, and fiber.

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Ginger which is from the same family as turmeric possesses potent anti-inflammatory substances we know as gingerols. Ginger therefore has the capacity to reduce ache, lower inflammation, minimize cramps, and help improves the cardiovascular health.

Ginger is also abundant in pivotal nutrients, including iron, vitamin C, potassium, protein, fiber, folate, zinc, riboflavin, magnesium, and more.

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When combined together, these two ingredients create a potent remedy which has so many different health advantages to offer.

Check out the best ones in the list below:

- **Reduces pain and inflammation**
- **Alleviates swollen joints, IBS, and indigestion**
- **Better the heart health and lower the risk of blood clotting**
- **Improves the blood flow**
- **Regulates the cholesterol levels**
- **Boosts the cognition**
- **Alleviates Alzheimer's and dementia symptoms**
- **Reduces digestive problems, including nausea, vomiting, poor digestion**
- **Strengthens the immunity**
- **Help manage diabetes by balancing the blood sugar levels**
- **Aids the weight loss process**

How to Prepare Turmeric & Ginger Lemonade

You will need:

A tsp of turmeric

A tsp of ginger

¼ tsp of black pepper

Raw honey

One lemon slice

A cup of water

Preparation: First, boil the water and then remove it from heat. Add the turmeric and ginger and cover the content. Steep for 5 minutes and then strain it in a cup. Once the mixture cools down, add the honey and black pepper and stir well. Squeeze the lemon slice too. Enjoy!

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Sources:

HEALTHY FOOD HOUSE

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