GRANDMA'S REMEDIES

Pineapple & Turmeric Soothing Beverage: Reduces Inflammation & Fights Off Common Cold

By bestfolkmedicine · 17/06/2019 · 2 min read



If you are looking for a full body detox and low inflammation and strong immunity, this pineapple and turmeric drink is what you need. It will supply you with the daily amount of enzymes and probiotics and believe us, it will leave you feel amazing in your own skin.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Why is this drink so potent in the fight against inflammation? Namely, this is because its ingredients, that is, pineapple, ginger, turmeric, and lemon were found to possess anti-inflammatory properties as well as

anti-cancer ones.

When combined together, they power is additionally enhanced and they form a truly healing and 100 percent natural drink. The beverage will rejuvenate the body and boost you with the needed energy to go through your busy day.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Believe us; your body will be so thankful!

DIY Pineapple & Turmeric Beverage

You will need:

2 cups of pineapple chunks, fresh

½ tsp of black pepper

A 3-inch turmeric root

A 2-inch ginger root

A peeled lemon

A tsp of coconut oil

Preparation: Juice or blend the ingredients. Transfer the content into a glass and add the coconut oil at the end and mix with a spoon to dissolve it. Drink it right away for optimal benefits.

What Are the Health Advantages of the Ingredients?

- Turmeric is a powerful healing spice which has the power to fight off and reverse illnesses. Numerous studies have concluded that its regular intake is better at improving the health rather than popping over-the-counter meds. Anti-inflammatory and antioxidant, this plant is a definite must in every healthy diet.
- Pineapple is rich in bromelain which has been linked with faster healing of wounds, treatment of sore throat, digestive problems, asthma, and arthritis. Plus, it is known to minimize infections.
- If you want a strong immunity, no nausea, good digestion, and toxin-free organs, you need to add ginger to your diet.

- Lemon is rich in vitamin C and it will boost your body's hydration and encourage weight loss. It is also known to improve the digestive processes and lower the risk of kidney stones.

Sources:

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