DRINKS & SMOOTHIES

How to Make Cinnamon And Turmeric Tea To Flush Inflammation Naturally

By bestfolkmedicine · 08/05/2020 · 2 min read



Regular tea consumption has a lot of health benefits to offer to us, especially the black and green tea, but also a special tea that we're going to talk about in this article.

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This tea is believed to be one of the most potent ones when it comes to reduction of inflammation in the body. We're talking about cinnamon and turmeric iced tea.

Turmeric is a spice rich in amazing nutrients and it's been a part of traditional Chinese medicine and used as a natural means to alleviate skin problems, wounds, digestive problems, and liver health for a long period of time.

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When cinnamon and turmeric are combined, the tea doesn't just taste amazingly, but it will soothe your entire system.

Extra tip:

If you're dealing with sore throat, just boast the tea with ginger!

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Cinnamon & Turmeric Anti-Inflammatory Iced Tea Recipe

You'll need:

1 to 2 tbsp of black or green leaf tea

¼ tsp of cinnamon powder

1/8 tsp of turmeric powder

A tsp of stevia, honey or other healthy sweetener

Lemon slices, optional

Preparation: First, add the cinnamon, turmeric, and the sweetener on the bottom of a French press.

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Pour hot water, halfway of the press and leave it to steep for 3 to 5 minutes. Stir once and then press.

Leave the tea to cool down and then add ice cubes- this is if you want to drink it cold.

When to drink it?

The best time to consume this cleansing tea is in the morning- it helps flush toxins from the skin and the body.

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Benefits of the Ingredients

Green tea

This tea has potent health advantages thanks to its polyphenols. These substances neutralize free radicals and help in the fight against chronic illness.

Green tea is good for diabetes prevention, lowered inflammation, cancer prevention, bad cholesterol reduction, minimized risk of heart illness, improved weight loss, and better cognition.

Cinnamon

Cinnamon is one of the best and most popular spices in the world because of its amazing healing properties.

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It's considered helpful for the heart, a lowered risk of diabetes, higher antioxidant power of the body; it's also rich in manganese and calcium, helps improve the brain function, reduces allergies, strengthens the immunity, and so much more.

Turmeric

According to studies, turmeric is a helpful tool in the fight against infections, inflammation, digestive issues, and some types of tumors.

For more than 4000 years, it's been one of the most commonly used natural remedies.

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When you consume it regularly, it lowers inflammation, boosts the digestion, betters the brain and heart health, relieves arthritis symptoms, and more.

Sources:

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