DRINKS & SMOOTHIES

How to Make a Powerful Ginger & Turmeric Cleanse & Lower Inflammation

By bestfolkmedicine · 24/08/2022 · 2 min read



Ginger and turmeric are frequently studied in herbal medicine. For centuries, people have been using them to treat a long list of health issues, from migraines and tiredness to chronic inflammation.

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Moreover, they're also praised for their ability to lower pain and nausea, strengthen immunity, and lower the risk of diseases and infections.

Considering they're both powerful ingredients, this cleansing and tasty tonic we're going to share may give your health the boost it needs.

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Thanks to their antioxidant properties, they can help you lower the free radicals roaming in the body. This cleanse will also decrease inflammation, bellyache, and digestive problems.

DIY Potent Ginger & Turmeric Anti-Inflammatory Cleanse

For this recipe, you'll need:

- ***2 cups of water***
- ***2 tsps of ground turmeric***
- ***½ tsp of ground ginger***
- ***A tsp of cinnamon***
- ***Juice from ½ lemon***
- ***A dash of black pepper or cayenne***
- ***A tbsp of honey (optional)***

Prep:

Bring the water to a boil. Then, add turmeric, pepper, ginger, and cinnamon. Reduce the heat and simmer the content. Put it aside and leave it to cool down for 10 to 15 minutes.

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Next, strain the syrup into a heat-resistant bowl. In a different bowl, combine the lemon juice and honey. Add this content to the ginger turmeric mix.

If needed, you can add some more water if you want more servings. Once the mixture cools to room temperature, serve it.

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It’s also a great refreshing drink for summer days. Enrich it with ice. Add a boost of flavor with a slice of lemon.

You can keep any leftovers in a sealed container. Best to be used within two weeks.

How Does this Ginger & Turmeric Cleanse Drink Help Lower Inflammation?

A healthy amount of inflammation is part of the body’s defense mechanisms. It happens when our immunity sends white blood cells to heal injuries or fight against another type of inflammation.

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Acute inflammation isn’t damaging and it’s actually protective of the body.

But, a chronic type of inflammation, i.e., one that’s a result of stress, toxins, or an autoimmune disease can have a negative influence on the overall health.

According to studies, when inflammation becomes chronic, it increases the risk of cancer, cardiovascular problems, diabetes, and stroke. Moreover, it may also contribute to obesity, dementia, asthma, arthritis, etc.

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This is where ginger can help as prevention due to its antioxidant and anti-inflammatory power. It contains gingerols, parasols, and shogaol, compounds that have been researched for their anti-cancer properties.

Turmeric offers mental and physical health benefits. It contains a polyphenol known as curcumin. It gives it its abundant yellow color, but it also contains amazing oxidative and anti-inflammatory properties. Studies have found its consumption to be helpful in reducing stress and improving mood.

Moreover, it’s been found to help better memory and attention.

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Sources:

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