

## Ginger Spiced Tea

This herbal drink is delicious. Use more ginger if you like it hot.

Some of its main benefits, when used regularly are:

- May help to improve circulation and energy
- May help to ease a sore throat, ease catarrh and cold symptoms.
- May help to improve immunity.
- May help to improve digestion and appetite
- May help to improve nausea, travel sickness, vomiting and joint pains

What You Need to make 2 cups:

2 cups of water (filtered is best)

4cm piece of grated fresh ginger root

Cinnamon stick

2 cloves

Directions

- Put all the ingredients in a steel saucepan and bring to the boil.
- Lower the heat and simmer for 5 minutes.
- Remove the saucepan from heat and allow to cool to a drinkable temperature.

Disclaimer: This information is provided for education and information purposes only. Please consult your healthcare professional for personal advice.