

Ginger Tea

My Favorite Antiviral

Ingredients

- Fresh Ginger Root (preferably organic)
- Honey (organic raw best)
- Lemon or Lime Juice

Instructions

1. Chop Ginger very well or mince.
2. Add 1 tsp of chopped ginger to 8oz of hot water.
3. Add in around 1 tsp of Lemon or Lime Juice.
4. Add Honey to taste.

TIP: I juice a whole pound of Ginger every year and freeze in about 1/4th ounce size icecube tray. I transfer the ice cubes to a glass jar and use one cube of frozen Ginger juice in my cup.



Drink at the 1st sign of any sickness, sore throat, runny nose, or congestion.

Use if you are tired or have a headache.

Also helpful with menstrual cramps.