

*Ten healthy
Teas*

ten healthy
Tears

Valerie B. Lull

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Ten Healthy Teas
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This book is dedicated to

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1. Ginger Tea (*Zingiber officinale*)

One of my favorite teas is ginger. It's perfect for fall weather. I love it on a cold, rainy day when my arthritis hurts. Even when my arthritis does not hurt it warms me inside and gives me comfort. Ginger has been used in Asia for centuries, both for medicinal and culinary purposes. Ginger is a versatile herb that is good for many different things. It can be used for an upset stomach or a sore throat.

According to traditional Chinese medicine, ginger is a warming herb for people with cold constitutions. I like to use it if my stomach is upset or if I feel nauseated. It's good for diarrhea and has been used to treat Montezuma's Revenge. Ginger is a carminative, which means it helps to reduce gas and bloating. It is also good for one's circulation and curbs inflammation. Animal studies seem to indicate that ginger improves the pumping of the heart. Ginger and lemon work good together. Ginger and peppermint also work together very well to ease stomach distress. Several recipes are listed below.

☞ TEN HEALTHY TEAS

Ginger Tea

3 cups water

2-inch piece of ginger root, peeled and grated

Sweetener as desired

Bring water to a boil in a saucepan. Put peeled and grated ginger root in boiling water. Cover and simmer 15–20 minutes. Strain tea and add sweetener or lemon as desired.



Ginger Peppermint Tea

1 ginger tea bag

1 peppermint tea bag

Put both tea bags in a cup of boiling water and steep for 3–4 minutes.

Add sweetener as desired.



Ginger Cranberry Tea

2 cups boiling water

1 ginger tea bag

1 cranberry tea bag

Put tea bags in hot water. Steep 3–5 minutes. Add sweetener as desired.

Tea Tip

For the sake of simplicity, I'm suggesting the use of tea bags, but if you want to use loose tea instead, here is the formula. Use 1 tablespoon dry herbs or 2 tablespoons fresh herbs for each cup of hot water. Steep 3–5 minutes. Strain and enjoy.

