May 2021

Immune Boosting Drink

This Immune Boosting Drink helps to balance Vata and Kapha and is ideal for winter.

Ginger – supports both digestive and respiratory systems and helps with colds, flu and indigestion.
Turmeric – is an excellent antibiotic and strengthens the digestive, circulatory and respiratory systems.
Lemon - is an expectorant which promotes the discharge of phlegm and mucus from the lungs and throat.
Cinnamon – helps in absorption of other herbs and with colds and flus.
Black pepper – when combined with honey it is helps to clear mucus especially sinus congestion.
Honey – is an excellent blood purifier and also helps to alleviate coughs, colds and congestion.

<u>Tips</u>

Honey – for this recipe do not use creamed honey. Also check the label on the bottle, do not use irradiated honey.
      Honey should not be cooked or heated to high temperatures as it alters the attributes and makes it
      incompatible with the body.
Working with fresh Turmeric – this will stain your hands and working utensils. Wear disposable gloves which you can throw away after use. Work on newspaper and paper towel. Turmeric freezers very well, so buy extra to store in the freezer. Wrap up 1 tablespoon portions in wax paper and place in a plastic bag in the freezer. Also work quickly with turmeric, once you have finished grating it add it to the honey or freeze it straight away. When using frozen turmeric do not let it de-frost, add it straight into the honey. Use Handy Andy to clean your knife and grater.

Ingredients
1 tablespoon freshly grated turmeric (you can use the powder, I prefer the fresh turmeric)
1 tablespoon freshly grated ginger
¼ teaspoon ground black pepper
The rind of 1 lemon
Dash of cayenne pepper
¼ teaspoon ground cinnamon powder
½ cup honey

Method
Prepare all the ingredients and combine in a jar which has a lid.
Mix until everything is well incorporated. This mixture can be stored in the fridge for 2 weeks or longer.
Add 1 teaspoon of this mixture to warm water or fresh juice.
Drink and enjoy!