



- 4 tablespoons fresh grated or chopped ginger or 1 Tablespoon of dried ginger
- 1 quart water
- 2 fresh squeezed lemons
- 1/4-1/2 cup raw honey (to taste)

Combine water and ginger in a saucepan and just barely bring to a boil. Remove from heat and let sit covered for 10-15 minutes. Strain out the ginger and stir in the raw honey until it is dissolved.

Uses:

Warms the body, good for circulation and aids the body when dealing with colds, flu, and respiratory issues. Also works wonders for treating PMS cramping, upset stomachs and morning sickness. You can drink this cold in the summer months as a refreshing lemonade but for medicinal purposes it is better to drink it warm.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.