

GINGER LEMON TONIC TEA



Tags: [Fall](#), [Kapha](#), [Spring](#), [Vata](#), [Winter](#)

Prep Time: 5 Min

Cook Time: 10 Min

Serves: Makes 5 Cups

Directions:

1. Boil the water and ginger rapidly in an uncovered saucepan for about 10 minutes.
2. Strain, pressing the ginger against the strainer to extract as much of its essence as possible.
3. Stir in the honey and lemon, stirring until the honey is dissolved.
4. Serve hot

* Add more lemon or honey to taste

Ingredients:

5 C Water

3 TBS finely grated fresh ginger

6 TBS honey

4 TBS lemon

Chopped mint leaves (optional)

Ginger is one of the main ingredients in an Ayurvedic diet. It is used in most recipes and is known for its incredible abilities to help stimulate our digestion. It is a Sattvic spice and is known in Ayurveda as “universal medicine”.

Dry ginger is hotter than fresh. It is a great stimulant and expectorant for reducing Kapha and increasing Agni. Fresh ginger is a better diaphoretic, better for colds, coughs, and nausea.

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Ginger is also great for arthritic conditions and is a tonic to the heart. It relieves gas, belching, and cramps in the abdomen including Vata-type menstrual cramps. Externally, this is a great paste for pain and headaches.