

## Ginger Tea

In place of coffee I recommend ginger tea. Ginger tea is a powerful cleansing drink that mobilizes toxins and restores balance to the body. It also benefits the digestive system and helps diminish cravings for sweet and salty foods. It increases the production of hydrochloric acid so you metabolize proteins more efficiently. Ginger decreases inflammation and alkalizes your body. I recommend 2-3 cups per day. It's easy to make.

1-2 Tb grated unpeeled organic ginger  
2 cups filtered water  
Lemon optional  
Stevia optional

Bring water to a boil add ginger, turn down and simmer 2 minutes.  
Let steep for 2 minutes more or you can just leave the ginger in, it will just get stronger.  
Strain or let the ginger settle at the bottom of the cup.  
Enjoy!

When I was at the Chopra Center at La Costa Resort in Carlsbad, California doing a 7 day **Panchakarma** detox, they made up a thermos each morning leaving the ginger to settle in the bottom. We sipped it all day long. I have taken up this practice for myself in the winter months.