

Turmeric and Ginger Tea.

Ingredients:

- 2 cups of water
- 1 teaspoon turmeric powder (or 1 piece of fresh turmeric root, peeled and chopped)
- 1 teaspoon grated fresh ginger (or 1/2 teaspoon powdered ginger)
- 1 teaspoon honey (optional)
- Slice of lemon (optional)
- Pinch of ground black pepper (to enhance absorption of turmeric).

Instructions:

1. In a small saucepan, bring the water to a boil.
2. Meanwhile, peel and grate the fresh ginger if you are using it.
3. Once the water is boiling, add the grated ginger and turmeric powder (or chopped turmeric root).
4. Reduce the heat to medium-low and let the mixture simmer for about 10 minutes for the flavors to infuse.
5. If desired, add a pinch of ground black pepper to the mixture. The black pepper helps to increase the absorption of the turmeric in the body.
6. After 10 minutes, remove the saucepan from the heat and let the tea steep for 2-3 minutes.
7. Strain the tea to remove the pieces of ginger and turmeric if you prefer.
8. If you wish to sweeten the tea, add honey to taste and stir until completely dissolved.
9. Serve the turmeric and ginger tea hot in individual cups.
10. If you prefer, garnish each cup with a slice of lemon for a citrusy touch.

This tea is a comforting and healthy option for people with arthritis due to the anti-inflammatory properties of ginger and turmeric. You can enjoy it several times a day to reap its benefits, I hope you like it!

