Name: iko bagas haekal

**5 kinds of traditional ingredients that are often used by people to warm the throat and throat:**

**1.wedang jahe**

if you want to make your own wedang jahe, it's not difficult. The trick, ginger and lemongrass boiled, and do not forget to add palm sugar that can make the ginger taste delicious and sweet.

For the benefits of ginger, among others, can launch the digestive system, reduce inflammation, lose weight, accelerate blood circulation and much more.

**2.wedang temulawak**

This wedang temulawak is efficacious to deal with colds, natural cancer drugs, facilitate digestion, remove toxins in the body, expel bad cholesterol.

if you want to make traditional herbs from ginger it will be very easy. Prepare 100 grams of ginger and thinly sliced, also prepare as much as 50 grams of kencur rice and roasted.

Do not forget the tamarind and cumin that are put into one and then mashed it by blending, then add enough clean water. After all is done, boil until boiling.

**3.bandrek**

This natural warm drink can be a solution to warm the body in cold temperatures today. For its benefits, overcoming colds, relieving sore throats, treating toothaches, preventing flatulence, and much more.

The ingredients are ginger, cinnamon, brown or palm sugar, salt, pandan leaves and other spices such as lemongrass, pepper. For added pleasure, you can add milk.

**4.bajigur**

Bandrek has benefits such as overcoming rheumatism, expedite digestion, prevent hypertension, reduce bad cholesterol, "cure" appetite and much more.

**5.STMJ**

This drink is stand for milk, eggs, honey and ginger. When viewed from a combination of ingredients can certainly warm the body in cold temperatures.

This natural warm drink is believed to increase stamina, recover unhealthy body conditions, overcome the throat, enhance the immune system in the body and so forth.