

Ginger Tea Recipe

Balances all three doshas and is very cleansing to the tissues. It improves digestive fire (Agni), builds up intestinal motility, and strengthens vital force.

To make the tea, bring water, freshly grated ginger, and powdered spices to a boil. Remove from heat, cover, and let steep for 5 to 10 minutes. Strain and drink throughout the day.

This tea will get stronger the longer it steeps. You can adjust the pungency by varying the amount of ginger used and the time you let it steep.

4 cups of water
2 tsp. freshly grated ginger
¼ tsp. Ground Cumin
¼ tsp. Ground Coriander
¼ tsp. Ground Fennel

Tips for Improving Digestion

- Eat in a calm and settled environment.
- Never eat and run – allow a few minutes after eating to relax or take a gentle walk.
- Sip warm water throughout your meal.
- Eat freshly cooked or prepared meals.
- Chew your food well and be mindful of its smells, tastes and textures.
- Focus on eating, not on conversation, TV, reading, etc.
- Leave 1/3 of your stomach empty using your hands as your guide – cupping both hands together is a guide to the amount of food to ingest and an equal amount of liquid leaving an equal amount empty.
- Avoid ice-cold food or drink.
- Eat only when you feel hungry.
- Eat at a moderate pace.
- Allow a few hours between meals and bedtime.
- Try to eat the bulk of your food at mid-day and lighter amounts at night.
- Sip warm water or ginger tea throughout the day.
- Give thanks.