

Ginger Tea Health Benefits

Ginger tea has long been used to prevent colds, motion sickness, indigestion and is also a home remedy for nausea and sore throat. It also has been used as a remedy for diarrhea and stomach ache brought about by low body temperature. Ginger tea also aids in blood circulation.

Ginger Tea Recipe:

- 4 – 6 thin slices raw ginger
(if you want more flavor, grate the ginger)

- 1 ½ – 2 cups water

- Juice from ½ lime

- 1 – 2 tbsp honey