

Fresh Ginger Tea Recipe

This simple recipe is one of the easiest ways to strengthen digestion and increase immunity when taken as a daily practice. According to Chinese anatomy, the stomach is responsible for descending turbid qi down to the intestines and the spleen is responsible for lifting the clear qi to the heart and mind so we can think and feel clearly. Drinking this mild ginger tea is an excellent way to strengthen these organs so that they function optimally.

Combine in a small sauce pan:

- 1 cup water
- 1/4" slice unpeeled fresh ginger (about 3 grams)

Cover and bring to boil and then reduce heat to a simmer for ten minutes. Strain and drink hot first thing in the morning before breakfast.