Golden Food

Turmeric Tonic

- 1. Turmeric powder contains curcumin which has powerful anti-inflammatory and antioxidant properties. Curcumin reduces oxidative damage to help chronic inflammation and prevent diseases.
- 2. Ginger has beneficial anti-inflammatory, antibacterial and antiviral properties. Ginger can boost the immune system and help with a cold or flu. Ginger can also help relieve pain, improve digestion and promote brain health.
- 3. Citrus fruits, such as lemon, oranges and grapefruits are excellent sources for immune-boosting Vitamin C. They are also packed with healthy nutrients, including potassium, phosphorous, magnesium and calcium.
- 4. Honey contains important antioxidants including organic acids and phenolic compounds. Honey can help suppress coughs and soothe sore throat. It can also help lower blood pressure and improve cholesterol levels.



- · 2 cups Water
- · 1/2 teaspoon Turmeric Powder
- · 1/2 teaspoon Sliced Ginger
- · 1 tablespoon Honey
- · Cinnamon Stick
- · Lemon Wedge
- 1. In a kettle or small pot, bring water, turmeric powder and ginger to boil for 10 minutes. Reduce heat to low and boil another 10 minutes.
- 2. Mix in honey and lemon wedge based on your preference
- 3. Add a cinnamon stick to make the taste even better!

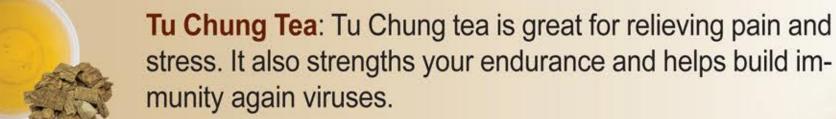






Red Ginseng Tea: Red ginseng can improve blood circulation and boost immune functions. An active component called ginsenosides can help fight fatigue and promote overall health.

Young Ji Tea: Young Ji tea is made from reishi mushroom which contains beta-glucan that can help lower cholesterol, promote heart health, and boost the immune system.



Ssanghwa Tea: Herbs that are used in making this tea (Licorice, Cinnamon, Dates, etc) warm up the body and boost your immunity. It also improves circulation and fights fatigue.



Ginseng Tea: Ginseng contains saponin which helps boosts physical vitality and improve immune functions. Ginseng has "warming" properties best suited for individuals who tend to cold in nature.

