

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.



How to Make Turmeric Tonic

- 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.



Tu Chung Tea: Tu Chung tea is great for relieving pain and stress. It also strengthens your endurance and helps build immunity against viruses.



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 boost physical vitality and improve immune functions. Ginseng has “warming” properties best suited for individuals who tend to cold in nature.

Health Benefits of Herbal Teas

