



Ginger Tea

Great for the nervous and digestive systems, helps alleviate aches and pains associated with the flu and very beneficial for women who are menstruating to keep energy levels up

Slice about on finger-length of fresh ginger root and boil in about 1 quart of water for about 10 minutes. Strain, sweeten to taste with honey or Grade B maple syrup if desired, add milk if desired, and drink hot.

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