



Ginger Tea

Sip a small amount before, with or after meals to improve digestion. This tea is especially great for bloating, congestion & heaviness. Use caution in summer as ginger is heating.

- 4 cups water
- 1 inch knob of fresh ginger root, sliced into 2 - 3 pieces*

Bring water & ginger to boil. Cover, reduce heat, and simmer 15 - 30 minutes. Strain & serve.

*You can substitute 1 tsp. ginger powder (will be more heating).

Detox Tea (CCF Tea)

This tea is especially wonderful in the spring or fall when you are cleansing. If you can't find these organic spices locally, go to [Banyan Botanical's website](#) or [Amazon](#).

- 4 cups water
- 1/2 - 1 inch knob of fresh ginger root, sliced into 2 - 3 pieces
- 1 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1 tsp. fennel seeds
- optional: 1 tsp. licorice root, 1/2" ginger root

Bring all ingredients to a boil. Cover, reduce heat, and simmer for 15 minutes. Strain & serve.