Ginger is appreciated as the most powerful food / spice in the 21th century. It has shown to reduce inflammation, enhance digestion and provide a strong immunity boost.

Essential oils in ginger give its distinctive taste and aroma. Ginger provides strong anti-parasitic, anti-fungal, anti-viral, and anti-bacterial properties, it aids in the treatment of cardiovascular problems, relieves asthma symptoms, strengthens the immune system, and contributes to a better digestion.



A single cup of ginger tea per day decreases the risk of stroke, since nutrients in ginger break down fats that block blood vessels. Ginger stimulates blood circulation and carries oxygen, minerals and vitamins to every cell in the body.

Here is how to prepare it:

Ingredients:

* raw and organic honey
* coconut milk
* ¼ tsp turmeric powder
* ¼ tsp ginger powder
* 1 cup water

Preparation:

Ginger tea requires no fancy preparation. You just add the spicy powders to a cup of boiling water, turn the heat on low, and simmer for another 7-10 minutes.

Add in some coconut milk, and transfer your tea into a cup. Straining is optional. Sweeten it with honey, and enjoy your health-friendly tea.

Source: [www.naturalandhealthyworld.com](http://www.naturalandhealthyworld.com/this-drink-melts-kidney-stones-cures-liver-cancer-and-cleans-and-destroys-cancer-cells/)