



BEVERAGES

Golden Earth Tea

This tonic tea strengthens the adrenals, liver, and digestion. It tastes great and helps the body to adapt to stress, toxins, and long hours of work, athletics, or musical training.

YIELD: Serves 1

INGREDIENTS

- 1 pint boiling water
- 1 teaspoon fresh or dried ginger
- 1 teaspoon fresh or dried turmeric
- 1 teaspoon dried American ginseng or ashwagandha

DIRECTIONS

1. Gently boil for 5 minutes, steep for 5 minutes, remove the roots.
2. One teaspoon of raw honey or maple syrup if desired after steeping.
3. You can add warm or steamed coconut, almond or organic milk to make a roots chai, cappuccino or latte.
4. Sprinkle fresh ground nutmeg, cinnamon, or cardamom on top if you like.
5. You can make a second infusion of water to the same roots for later in the day.



NUTRITION GEM

Health Benefits of Ginseng, Ashwagandha & Ginger Root

American Ginseng — American ginseng (*panax quinquefolius*) helps the body adapt to stress by reducing cortisol levels and improving immune function, enhance physical performance and reduce fatigue, improve memory, focus, and overall cognitive health.

Ashwagandha — Ashwagandha (*Withania somnifera*) used in traditional Indian medicine has helps the body cope with stress and fatigue, reducing cortisol levels, a stress hormone, improve sleep quality, protect brain cells, improve memory and cognitive function.

Ginger Root — Ginger root, (*Zingiber officinale*) has anti-inflammatory and antioxidant properties that aid digestion, relieve nausea, reduce inflammation, and lower cholesterol