

## Who Else Wants Ginger?

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Detoxification is the road to good health that everyone can follow at their own pace simply, easily. Many natural foods help the body clean up. Raw apple cider vinegar is one of the best for this purpose. Raw honey is another great agent in helping the body heal and cleanse.

Ginger is another great natural detoxification agent which can be used alone or combined with other detoxification aids. A great healing ginger root tea can be made by boiling ginger root with lemon. Pour this in a coffee cup, then add honey to taste. Raw honey is the best to use in detoxification drinks. Other honey may be used though. Creamed honey is better than golden honey. The creamed honey is whipped which oxygenates it.

Add powdered ginger to another detoxification drink, the herb apple cider vinegar and honey detoxification tea. One to three shakes of ginger powder is good to add to many herb drinks. The herb apple cider vinegar and honey detoxification tea can be made from any herb tea you can find at the store. Brew the herb tea in a coffee maker or in the coffee cup with hot water. After removing the tea bag, add 1-3 teaspoons of raw apple cider vinegar. Stir in honey to taste.

Powdered ginger is also good to add to the tub and take a soak in. Many fevers have been broken using this method. Get the best ginger you can. Use organic grown ginger for the root tea. Buy the ginger powder at the health food store instead of the store if you can.

Taking back control of health by following these natural remedies is a great rewarding venture. Each person has only one body. The better we take care of it, the better it takes care of us.

Happy Healing,

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