



Strengthening the immune system with ginger tea

Ginger is a yellow plant with a warm nature and it is considered one of the most widely used food ingredients. Its root is used in dried or powdered form and as a kind of spice in various foods and some drinks.

Ginger, in general, stimulates human saliva and helps produce bile, and on the other hand, it has a positive effect on enzymes called "pancreatic lipase" and "trypsin" and prevents diseases such as "colon cancer". And it becomes constipated.

The miraculous properties of ginger for health and control of various diseases include:

1. Useful for the digestive system, especially the stomach
2. Reducing inflammation and joint pains
3. Useful for treating lung problems
4. Help to get rid of nausea in pregnant women

5. Helping better blood circulation and reducing blood sugar
6. Increasing the immune system against viral diseases
7. Help to lose weight and lose weight
8. Eliminate nausea

How to make ginger tea

- Simple ginger tea

To prepare this tea, you need 85 grams of fresh ginger root, after washing it, it is better to peel it and cut it into thin layers. Fill about half of a kettle (800 ml) with water and heat it until it starts to boil, then put the ginger pieces in the water and let it infuse for 20 minutes on low heat. Finally, add a little honey to the tea and then pass it through a strainer to make your ginger tea pure.

- Cold ginger tea

At the beginning of work, wash the fresh ginger completely and then take its skin and grind it with a greater. Then put them in about a liter of water and put it on a low heat and let it start to boil gently until it is ready. Again, we are going to use fresh lemon and squeeze its contents into the container because you want to drink this type of ginger tea cold, so pour a lot of ice into a glass and then pour the hot tea into the ice glass. Now is the time to use a natural sweetener to sweeten your drink. This drink is an ideal option to serve on hot summer days.

