

CRAMP RELIEF TEA

Vata ↓,Pitta ↓, Kapha ↓

Makes 4 cups / Cook Time: 15 to 20 minutes

INGREDIENTS

- 4 1/2 cups of filtered water
- Fresh ginger (2 inch cube), grated or finely chopped*
- 2 tablespoons tulsi leaf
- 1 tablespoons lemongrass
- 1 tablespoons peppermint leaf
- 2 cinnamon sticks
- Honey to taste (optional)

* Fresh ginger may be substituted with 1 teaspoon dry ginger unless there is a strong Pitta imbalance.

DIRECTIONS

1. Boil the water in a medium size sauce pan. Once this is boiling, reduce the heat to the lowest setting.
2. Add the grated ginger, tulsi, lemongrass, peppermint, and cinnamon sticks. Steep on a low heat for 15 to 20 minutes.
3. Strain with a fine mesh strainer into your favorite mug.
4. Once the tea has cooled to about 110 degrees, add a small amount of honey (if used).
5. Drink this tea regularly throughout the day for continuous cramp relief. One to three cups of this tea should be taken daily beginning 2 to 3 days before the menstrual cycle begins, and continued throughout the menstruation. For digestion, nausea, and morning sickness, take as needed.