



Warming Circulation Tea



INGREDIENTS:

- 4 thin slices fresh ginger
- ½ tsp turmeric
- Small cinnamon stick
- Pinch black pepper
- Honey and lemon optional



INSTRUCTIONS:

Simmer 10 minutes, strain, and drink warm.



BENEFITS:

This tea may help:

- Improve circulation
- Ease muscle tightness
- Warm uncomfortable legs.



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