

Good Health
Warms the Heart
One Cup
at a Time!

ANTI-INFLAMMATORY & IMMUNE SUPPORT

"But I will restore you to health and heal your wounds," declares the Lord.

— Jeremiah 30:17 (NIV)

Bubbie's Daily Cup of Tea

TURMERIC GINGER TULSI SPICE TEA

A golden, warming blend to help reduce inflammation, support your immune system and bring balance to your mind and body — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 1 tsp fresh turmeric (grated) or 1/2 tsp ground turmeric
- 1 tsp fresh ginger (grated or sliced)
- 4–5 fresh tulsi (holy basil) leaves (or 1 tsp dried)
- 1 cinnamon stick
- 2–3 whole cloves
- 1/2 tsp black pepper (helps absorption of curcumin)
- 1 lemon, sliced
- 1–2 tsp raw honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add turmeric, ginger, tulsi leaves, cinnamon, cloves and black pepper.
- 3 Reduce heat and simmer for 10–12 minutes.
- 4 Remove from heat and add lemon slices.
- 5 Strain into cups.
- 6 Sweeten with honey if desired.
- 7 Sip slowly, breathe deeply and be well!

SCAN & VISIT



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Bubbie's TEA TIP

This golden tea is a powerful ally for your immune system. Turmeric and ginger help reduce inflammation, while tulsi (holy basil) helps the body adapt to stress and supports overall wellness. Add a touch of honey and lemon for a delicious, healing cup of comfort.

BUBBIE'S TIP

Use fresh lemon juice and raw honey for the best flavor and benefits. Sip daily during seasonal changes or anytime you need a little extra support!

GOOD TO KNOW

Turmeric contains curcumin, a natural compound known for its anti-inflammatory and antioxidant properties. Tulsi (holy basil) is revered in herbal tradition for supporting immune health, reducing stress and promoting balance.

Source: NIH – Turmeric, Ginger, Holy Basil
Harvard T.H. Chan – Foods for Immune Support