



Everything
Herbal
by
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Ginkgo

Potential Benefits & Simple Tea Recipe



Ginkgo Tea Recipe

Ingredients:

- 1 tsp dried ginkgo leaves (or 1 tea bag)
- 1 cup hot water
- 1 tsp honey (optional)
- Lemon slice (optional)

Directions:

- 1 Pour hot water over ginkgo leaves.
- 2 Steep 5–10 minutes.
- 3 Strain if needed, then add honey or lemon if desired.
- 4 Sip warm.



Potential Benefits:

- May help support circulation.
- Traditionally used to support blood flow to the hands and feet.
- Some studies suggest it may help reduce the frequency of Raynaud's attacks.



Note:

Ginkgo can interact with blood thinners and some medications. Consult your healthcare professional before use, especially if you have a medical condition or take prescription medicines.



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