Ginger Tea Recipe

This concoction will help to reduce inflammation in your body, help decrease die off reaction, improve digestion and enhance the potency of any herbs you are taking to eradicate an infection.

- Juice 4 pieces of ginger each one about the size of your thumb.

- You can use 3-4 ginger tea bags instead, just make sure you allow enough time for the tea to steep. You can also use organic ginger juice concentrate to the same equivalent.

- Combine a quarter cup of ginger juice or tea with 12 ounces of hot water.

- Add 1 tablespoon of wildflower honey, juice from ¼ of a lime and drop in the rind, and 1/8 teaspoon of cayenne.

- Drink 4-6 cups daily.

If you are dealing with die off reactions due to an herbal program Dr. Justin has designed for you, please do the following:

- Start taking the ginger tea recipe to aide in reducing the die off reactions first.

- If the problem persists start taking the recommended herbs or nutrient compounds with food instead on an empty stomach.

- If the problem still persists, please half the dose of the herbs or nutrient compounds and still take them with food.

- The goal is to take everything at full dose, so as soon as the dies off reactions subside please work your way back up to the full dosage.

- Die off reaction may include fatigue, malaise, achiness and just not quite feeling like your-self.