



Ginger Tea and Compress

4-6 inches of fresh ginger root (you may peel if you prefer) cut/chopped into 2 quarts filtered water, bring to boil, simmer 15-20 minutes.

For tea, add honey and/or lemon to taste. We like to make up a big batch and dilute as needed per cup. Keeps in the fridge for two days.

For compress, place washcloth dipped in ginger tea over affected area. Keep warm by placing a hot water bottle or moist hot pack over the compress.

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