

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Ginger Syrup

This tasty remedy may help relieve motion sickness and stomach distress, colds, coughs, the effects of overeating and other maladies. It makes a sweet treat when spread on toast.



1 large piece fresh ginger root

Honey

1-Peel and grate a large piece of fresh ginger root and put it in a pan. Add enough honey to barely cover.

2-Simmer over low heat for 10 to 15 minutes, until ginger is soft and honey tastes strongly of ginger. Strain ginger from honey if you wish, but it's generally a mess, as honey doesn't strain easily. It's much simpler to leave the ginger in the syrup, as it's soft and adds texture and flavor.

3-Pour syrup into a glass jar. It will last refrigerated for several weeks.

4-To use: Take 1 tablespoon for a cold, stomach cramps and menstrual discomfort. Or add 2-3 tablespoons to 1 cup of hot water for tea.

Recipe taken from Mother Earth Living November/December 2013 issue.