

Herbal Legacy Recipes

Kill the Cold

from *The Complete Book of Juicing* by Michael T. Murray N.D.

This is a great drink to have when you feel a cold (or the flu) coming on. It is a diaphoretic tea, meaning that it will warm you from the inside and promote perspiration. It's pleasant to drink even when you don't have a cold and just want to warm up and feel good.

- 1-inch slice of ginger
- 1/4 lemon
- 1 cup of hot water

Juice the ginger and lemon and add it to the cup of water. You may want to add some honey, nutmeg or cardamom.

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