



## Lemon Ginger Tea + Himalayan Pink Salts

1 serving  
10 minutes

### Ingredients

2 cups Water  
3 tbsps Ginger (1-inch piece)  
1/2 Lemon (or 1-2 Tbsps Pure Organic  
Lemon Juice)

### Directions

- 1 Add the water and ginger slices to a pot (size will depend on whether you're doubling/tripling etc recipe) and bring to a boil. Lower the heat and let it simmer for 10 minutes (longer if you prefer a spicier drink).
- 2 Squeeze/pour the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Pour into a mug and enjoy!

### Notes

>> **ADD HIMALAYAN PINK SALTS** <<: Consuming this beverage as your first drink of the day and/or at first sign of migraine. In these cases, add 1/2 teaspoon Himalayan Pink Salts (finely ground). +++Follow with 1-2 glasses of plain water within the next 30 minutes.

>> **WHY ADD SALT?** <<: Himalayan salt re-hydrates cells and is rich in electrolytes, nutrients and minerals such as potassium, iron, and calcium. This will also alkalize and energize the body. The lemon juice fights acidity and improves the absorption of the nutrients from the salt.

>> **DISLIKE THE SALT?** <<: If you strongly dislike the taste after adding the salt, consider taking salt in a small amount of the liquid (ie. 2 oz), and then follow up with the rest of your drink and the 1-2 glasses of plain water.

>> **MAKE EXTRA** <<: Double, triple, etc. this recipe and make a large batch so you can enjoy it (cold or reheated) for up to 5 days if you store it in the fridge in an airtight glass container. Add another 1-inch piece of ginger to do this. (Alternatively, you can pour it into ice cube trays and store in the freezer!)

>>>> **CAUTION!! GINGER** <<<<: Ginger is a mild blood thinner. Check with your doctor before using it if you're on some kind of blood thinner medication.

>>>> **CAUTION!! TOOTH ENAMEL** <<<<: Acidic beverages can harm tooth enamel. Although the lemon juice is quite diluted here, to be on the safe side do not brush your teeth immediately after consuming, and consider using a straw (especially if consuming several times in one day).