

CARRBORO ACUPUNCTURE CLINIC

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FRESH GINGER ROOT TEA

This remedy is effective for any upper respiratory and nasal sinus conditions such as early stage colds and flu. In addition this remedy is beneficial for mild asthma and respiratory allergies, whether due to molds or pollens.

For more information on using this remedy, feel free to contact the clinic.

You must use FRESH Ginger root.

¼ - ½ cup Fresh Ginger Chopped.

Simmer in 4 – 6 quarts water for 20 minutes.

You can make large amounts and store extra in the refrigerator.

HOWEVER... You must take the tea warm to hot!

In the hot summer months you can add some mint, about ¼ cup to steep after the simmering period.

For acute cold symptoms or acute allergy symptoms:

Drink 4 – 6 cups per day

Maintenance dose for sub-acute and chronic stages: 2-3 cups / day

**IN THE CASE OF ACUTE HIGH FEVER, AND / YELLOW – GREEN PLEGM -
DISCONTINUE !!!**