

Cold Buster Tea

Ingredients:

- Three slices of ginger
- Two stalks of green onion, chopped
- One tablespoon of brown sugar
- Two to four cups of water

Indications:

This is a great home remedy for cold and flu season. This tea works best if taken with the first signs of catching a cold; however, it is also useful in speeding recovery once you are sick. Drink the tea often with the onset of symptoms, then dress warmly. One of the actions of the tea is to promote sweating which helps your body defend

against viruses. If symptoms do not improve, or worsen call Roberto. Your presentation may require modification of the tea or a different remedy.

Preparation:

- Place all the ingredients in a pot with a lid.
- Bring the water to a boil and then reduce the heat to a simmer.
- Let the tea simmer for about five minutes.
- Serve.

If you have any questions or would like more detail, please contact Roberto at Roberto@kumoacupuncture.com or call at (503) 318-9490.