



Turmeric Tea

Makes 4 Cups

Turmeric tea, a delicious warrior against inflammation and fatigue, delivers the no-nonsense health we've been waiting for. Sip it the ancestral way!

Ingredients

- 4 cups water
- 2 tbsp ground turmeric (organic) or 2 inches grated fresh turmeric
- Pinch of black pepper
- 1 tsp organic butter, ghee, or pure, organic coconut oil (no additives)
- *Optional:* honey, maple syrup, or lemon to taste

Directions

1. Bring 4 cups water to a boil, then lower to a gentle simmer.
2. Add turmeric, black pepper, and butter, ghee, or coconut oil to infuse curcumin's power.
3. Simmer 7-10 minutes—shorter for a smoother, less bitter taste.
4. Cool slightly, strain if desired (I sip the spice!).
5. Store in a mason jar in the fridge; shake before use.
6. Serve warm or over ice.

Tips (The Wise & Wild Way)

- Black pepper boosts curcumin absorption by 2,000%, and fat helps it dissolve—ancestral tricks for max punch.
- Drink up to twice a day to keep the benefits flowing.
- Choose turmeric with 95% curcuminoids, 100% organic, for top potency.
- For an ancestral zing, toss in a pinch of cinnamon for sweetness or a slice of fresh ginger for digestion during simmering, if you're feeling fancy.
- For a creamy twist, swap some water for whole, raw, organic milk or pure, organic coconut milk (no additives) to add richness and extra fat.
- Careful—turmeric stains! Protect your counters and clothes.

