



**Serving size:** 1 cup of 250ml.

**Benefits:** Helps to improve **arthritis**, bad breath, **body pH level**, cardiovascular problems (arteriosclerosis & blood pressure level), chronic fatigue, **electromagnetic radiation with Cold Body System (Cold Body System's symptoms: anaemia, cold limbs, pale complexion, pale lips, brittle nails, tongue: pale color & sensitive to cold weather or air-conditioned environment)**, gastrointestinal problems (Eg: bloatedness, constipation & heartburn), **gout**, high blood glucose level, high cholesterol, **rheumatism, skin problems**, yeast infections & **promote weight loss**, etc.

### Ingredients



## Apple Cider Vinegar Ginger Tea (For Cold Body System)

Apple Cider Vinegar – 2 teaspoons.

Ginger slices – 2-4 pieces.

Honey – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

### **Preparation**

(1) Rinse Ginger slices with tap or distilled water & discard water. Then rinse again with hot water & discard water again.

(2) Add washed Ginger slices & Apple Cider Vinegar to 1 cup of hot boiling water, cover with a lid and steep for 10 to 15 minutes. After 15 minutes, remove lid then add honey, stir well & drink anytime of the day.

### **Note**

(1) Suitable for all especially those who have **cold body system** at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup every 2-3 days once.

(2) For those with **weak or sensitive stomach**, take after breakfast or lunch & after dinner.

(3) Advisable to complement with (1) [\*\*Foot bath: Apple Cider Vinegar Ginger Detox \(For Cold Body System\)\*\*](#) for quicker & better efficacy!

(4) If you often experience hands' tingling sensation, advisable to complement [\*\*Hand Bath for Apple Cider Vinegar Ginger Detox!\*\*](#)

**Caution:** To drink this tea infusion at an interval of ½ to 1 hours from medications.