



## TURMERIC MILK

- Anti-Inflammatory
- Allergy Relief
- Healing
- Detox

Today I want to discuss the healing power of Turmeric milk, how to prepare turmeric milk and why is it so important to start drinking it. Turmeric milk is antimicrobial and fights bacterial infections, viral infections and infection Respiratory. Turmeric milk is antimicrobial and fights bacterial infections and viral infections. It is useful in illnesses related to the respiratory system since the spice heats up your body and provides quick relief from lung congestion and sinuses. This is an effective formula asthma and bronchitis. Turmeric milk prevents and stops the growth of breast, skin, lung, prostate, and colon cancers since it has anti-inflammatory properties.

This prevents the cancer cells from damaging the DNA and reduces the side effects of chemotherapy. Turmeric milk is the best for cold and cough due to its antiviral and antibacterial properties. It gives instant relief to a sore throat, cough and cold. In fact, you can beat that stubborn cold if you start drinking turmeric milk every

day. Turmeric milk gives the best relief from aches and pains, especially back pain. This can also strengthen the spine and the joints in the body. Turmeric milk is an excellent blood purifier and cleanser. It can revitalize and boost the blood circulation in the body. It is also a blood thinner that cleanses the lymphatic system and the blood vessels from all impurities.

Turmeric milk is a powerful antiseptic that promotes intestinal health and treats stomach ulcers and colitis. This helps in better digestion and prevents ulcers, diarrhea, and indigestion. Turmeric milk works wonders as it is an antispasmodic that eases menstrual cramps and pain. Pregnant women should have turmeric milk for easy delivery, postpartum recovery, improved lactation, and faster contraction of ovaries. Turmeric milk produces an amino acid, tryptophan that induces a peaceful and blissful sleep.

Alzheimer is a sickness which normally occurs in advanced age, and drinking turmeric, milk will reduce the risk of growing Alzheimer. It does this through an anti-irritation agent and antioxidant from honey. They can prevent the brain cells from damage, while milk will help develop the brain. Set temperature to medium. Use a cup of coconut milk, walnut milk, hemp milk, cashew milk or hazelnut milk in a small pot. Add the cup of the vegan milk of your choice into the pot. Let it heat up for about 3 to 4 mins. Then add the following, two 1/2 tsp of turmeric, A half of a 1/2 tsp ground black pepper, 2 tablespoons of the raw organic honey. Don't use any other sweetener beside the honey, then a pinch of cinnamon and a pinch of ginger. Let it heat up for another 3 to 4 mins. Strain it in glass cup then drink. Feel Free to contact me about any specific health condition.