***Cinnamon Ginger Tea***

If you have lower abdomen cramps due to menstruation or stomach cramp due to   
eating too much cold or hard to digest food, you can drink this tea to elevate the pain.    
You can make more than one dosage at a time and save the rest in the refrigerator or   
freezer for future use.  
  
***Ingredients:***½ teaspoon of cinnamon powder,  
½ teaspoon of ginger powder, and  
1 cup of water.  
  
  
***Instruction:***1. Cook all the ingredients together for 5 minutes after boiling  
2. Drink the tea hot (do not drink the powders).  
  
**Serves 1 person.**