

# Ginger Tea Recipe

Ginger has been a popular treatment for nausea for many years.



Chemotherapy can cause nausea or stomach upset. Ginger tea can help.

## Ingredients

- 4 cups of water
- 2-inch piece of fresh ginger root
- Optional: honey and lemon slice

## Method

- Peel the ginger root and slice it into thin slices.
- Bring the water to a boil in a saucepan. Once it is boiling, add the ginger. Cover it and reduce to a simmer for 15-20 minutes.
- Strain the tea. Add honey and lemon to taste.

Ginger root is found in your local supermarket in the produce section. Store the whole, unpeeled ginger root in a plastic bag in the refrigerator. Ginger root can also be stored in the freezer.

