



# JANUARY'S RECIPE:

## TEA FOR WIND COLD

You may well be raising your eyebrows at this tea and rightly so: it is not for the faint-hearted. But when you feel shivery, cold and know that you are coming down with a cold or flu, this tea may yet save the day. Make several strong cups, drink up and then crawl under the bedclothes to sweat it out.

Preparation time: 10 mins

Makes 2 cups

### Ingredients

### Method

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2 teaspoons fresh ginger  
1 teaspoon cinnamon bark  
1 clove garlic  
1 spring onion (if handy)  
¼ teaspoon cayenne pepper  
2 cups water

Simmer the ginger and cinnamon for 10 minutes, adding the chopped spring onion, garlic and cayenne pepper just before the end. Sweeten with a little raw honey if desired.

### Energetics

These are very heating herbs which drive Cold out of the body and “release the exterior.” Pungent and heating, they are the perfect match for invasions of Wind Cold.