



Ways to use Turmeric Everyday

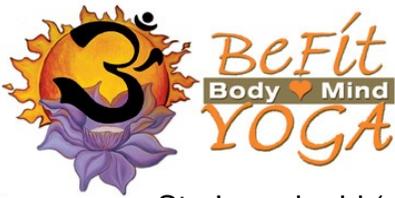
Turmeric! Everyday for:

Liver support, Microbial support, Anti-inflammatory, Improves cellular health, improves BDNF in our brains (preventing dementia & alzheimers), cancer cell apoptosis (programs cancer cells to die), helps reduce pain . . . Over 600 reasons in the body to use it everyday.

I prefer to make some version of turmeric tea every morning:

- ॐ My favorite is chop the whole root with a little ginger and a sprinkle of fresh ground black pepper. Steep it for about 15 minutes.
- ॐ When I don't have fresh turmeric root, I use the powder, and mix it various other herbs or spices like cayenne or ginger and black pepper (black pepper improves the absorption of turmeric).
- ॐ Also cooking frequently with turmeric is good. Turmeric is best absorbed in small culinary doses throughout the day, so each time you heat up oil in a skillet throw in a pinch of turmeric powder.
- ॐ When I feel like I need a "heroic" dose of turmeric I use about 1/2 cup turmeric powder, about 1" sliced fresh ginger, and a sprinkle of black peppercorns. Put this in about a cup of water and boil down to a paste. Add 1/3 cup coconut oil and stir it in. You can put this in a jar and refrigerate for a week or two. I then take 1 tablespoon of the paste, mix it in warm water for a thick tea or coconut milk or heavy cream (grass fed).
- ॐ **AND MY FAV TURMERIC LATTE** - Make the above turmeric paste by cooking down 1/2 cup turmeric in 1 cup water (with the ginger and black peppercorns as above). Remove the paste from heat and stir in about 1/3 cup coconut oil. (You can store this in a glass jar in the fridge for about a week). When you are ready take a heaping teaspoon of the turmeric/coconut oil paste, put it in a mug and sprinkle with a dash of cinnamon, cardamom, and clove. Top with steamed milk of your choice (if you don't have a milk steamer heat it up on the stove and froth it with a french press). Recommended milk: Pastured, Local, organic, raw or vat pasteurized milk or organic real coconut milk.
- ॐ Quick and easy turmeric paste: About 1/4 tsp turmeric, black pepper grinds, 1/2 tsp honey, and a 1/2 tsp ghee or coconut oil. Mix together and consume.
- ॐ My turmeric tea recipe when I am feeling a little under the weather:
 - o Fresh sliced turmeric root (lots)
 - o Fresh ginger
 - o Black cumin seeds
 - o ground peppercorns
 - o sprinkle of turmeric powder (the powder vs. the whole root each has different benefits)
 - o Pinch or two of cayenne to taste or a chili pepper

Pour boiling water over and let it steep about 10-15 minutes



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- Strain and add (optional if you don't have):
- Echinacea Tincture
- fresh lemon juice
- local raw honey
- top with a teaspoon or two of coconut oil

Stir well and enjoy.