

# Herbal Drink

## To make 5 glasses of herbal drink

Take 1 tbs coriander, 1 tsp jeera, ½ tsp methi (fenugreek), ¼ tsp pepper, 1 cardamom, a small piece of dried ginger. Dry roast all the ingredients in a pan till

Aroma comes. Make fine powder. In a vessel take 5-6 glasses of water, when it starts boiling, add the powder, 2-3 leaves of tulsi and jaggary as per your taste.

Boil for 5 to 7 minutes. Strain and drink hot instead of using tea & coffee. You can also add a clove and pinch of turmeric if you feel too cold!

**It is a good appetizer and keeps cold away.**

**Coriander** - *The health benefits of coriander include its use in the treatment of skin inflammation, high cholesterol levels, diarrhea, mouth ulcers, anemia, indigestion,*

*Conjunctivitis, skin disorders, and blood sugar disorders, while also benefiting eye care.*



**Jeera-** *Its medicinal properties including anti-tumor, anti-diabetic, anti-epileptic, Immunologic, antimicrobial*



**Methi-** *Rich in vitamins such as thiamin, folic acid, riboflavin, niacin, vitamins A, B6, and C, and are a storehouse of minerals such as copper, potassium, calcium, iron, manganese and magnesium.*



**Tulsi-** *For maintaining healthy heart, Tulsi is of utmost value. It helps in lowering the level of cholesterol in blood. Thus, Tulsi plant serves as the most effective remedy to combat cardiac diseases. The extracts obtained from the plant are extensively brought to use for curing various diseases such as the common cold,*

*inflammation, malaria, heart disease, headaches, stomach disorders, kidney stones, and many more.*



**Pepper-** *Black pepper plays a key role in preventing cancers. Black pepper also contains Vitamin C, Vitamin A, flavonoids, carotenes and other anti-oxidants that help remove harmful free radicals and protect the body from cancers and diseases.*



Have daily two cups of herbal drink to keep your health

OM SHANTI