

Eat Well – Foods

Balinese Jamu

This drink is a combination of turmeric and ginger, two of the most highly potent anti-inflammatories and antioxidants. They are powerful immune boosters and have many healing and cleansing properties. So this drink is a wonderful healing tonic and is great to include in your daily/weekly routine. Particularly during winter or whenever your immune system is challenged.



WARNING! Turmeric is an acquired taste so initially you may want to reduce the amount and build up over time.

Ingredients

- 3 thumb size pieces of turmeric
- 1 thumb size piece of ginger
- 1 litre of coconut water (use a good quality one with no additives or preservatives)
- Lime (to taste)
- Pinch of Himalayan sea salt
- Honey (to taste)

Method

- Roughly peel the turmeric and ginger and scrub off any dirt
- Grate or cut them into small pieces
- Put into a blender with coconut water for about 1-2 minutes
- Strain through a muslin cloth or sieve (twice)
- Add lime and salt to taste
- Add honey to taste

Makes approximately 1 litre and can be stored in the fridge for 3-4 days. This recipe is thanks to Kate Reardon in her book *The Essential cleanse*

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