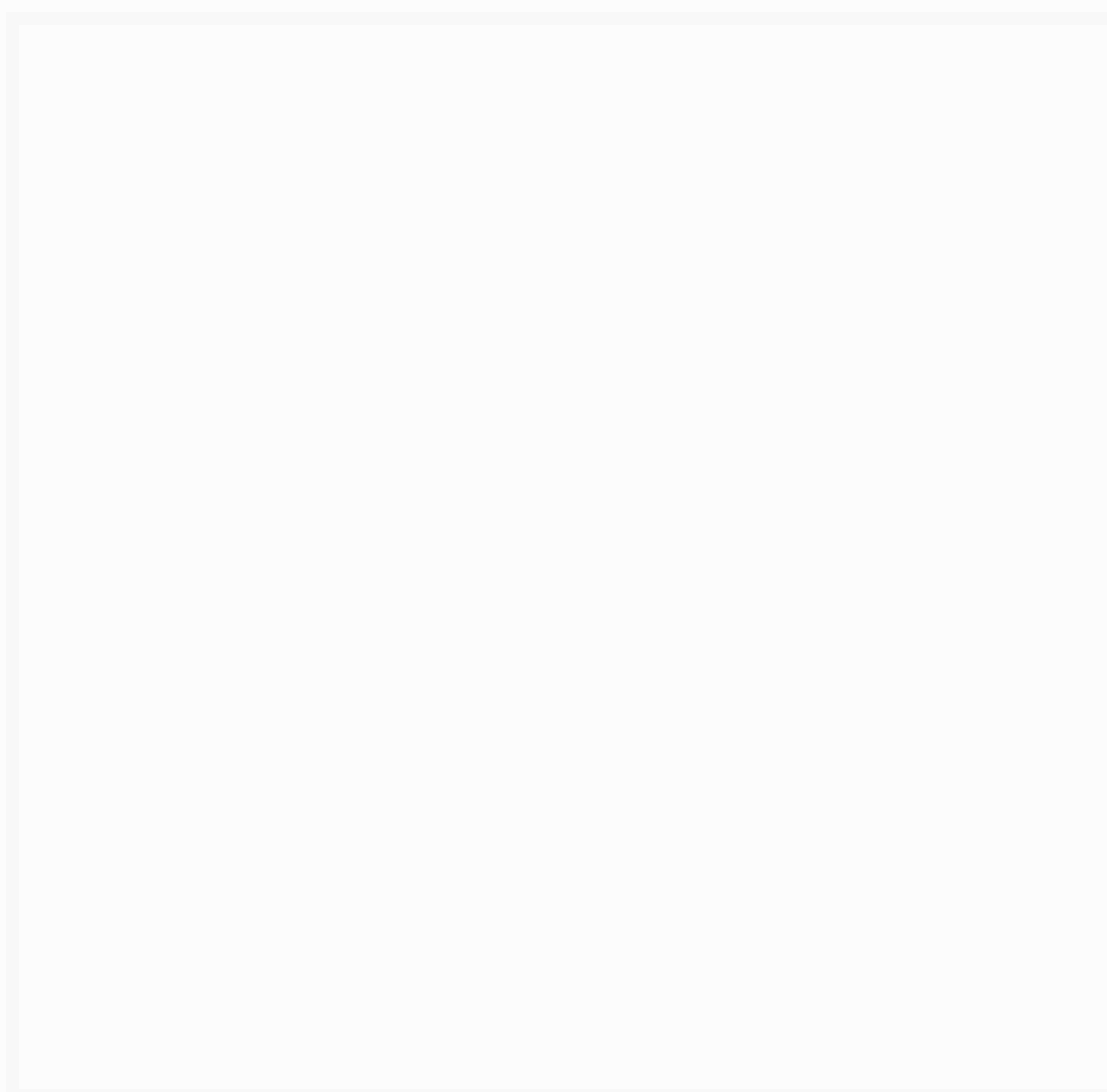




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Ginger & Turmeric for Inflammation: Golden Milk Recipe



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Ginger & Turmeric for Inflammation

Both [ginger \(*Zingiber officinale*\)](#) and [turmeric \(*Curcuma longa*\)](#) are in the zingiberaceae family. Plus, they both have been used for centuries in Asian cooking and healing remedies. Their rhizomes (underground stems) are the primary part used. These can be ingested as a food or spice, in tablet or capsule form, or made as a tea. A poultice can also be crushed and applied topically. The essential oils of ginger and turmeric are useful diluted in a carrier oil and applied to the skin to reduce inflammation.

Delicious recipe of tea to help reduce inflammation. Plus, continue reading for some research

Below is a recipe of tea to help reduce inflammation. Plus, continue reading for some research on the anti-inflammatory actions of ginger and turmeric.

Golden Milk Recipe

Ingredients:

- 4 cups of almond or coconut milk
- 3 teaspoons of fresh grated ginger root (or 1/3 tsp of ground ginger)
- 2-3 teaspoons of fresh grated turmeric root (or 1/3 tsp of ground turmeric)
- About 3 teaspoons of raw honey
- 1/4 teaspoon of black peppercorns

Preparation:

First, slowly heat all the ingredients in a saucepan for about an hour on low. Then, strain to drink. Enjoy!

Research on Ginger & Turmeric

Ginger has been used in treating digestive upset including diarrhea, nausea, and gas. Plus, it may also be useful in treating respiratory conditions, muscle pain, and headache.[1] Active constituents include curcumene, farnesene, zingiberol, gingerol, and shogaol. These help give it the ability help reduce inflammation.[1] The gingerol component has shown to be effective for rheumatoid arthritis with a decrease in stiffness, pain, and swelling.[2] It has also proven useful for osteoarthritis in three double blind studies.[3]

Turmeric is commonly seen as the orange spice in Indian curry dishes. Further, it is well known in Ayurvedic and Chinese medicine for its healing properties. Also called Indian saffron, it is the components of tumerone, atlantone, and zingiberone that give it the vibrant orange-yellow color. Turmeric has been documented as reducing the symptoms of inflammatory diseases such as ulcerative colitis.[4] Further, in one study, it was seen as an effective treatment protocol for rheumatoid arthritis.[5] Other studies have shown it as a viable treatment for IBS, pancreatitis, and certain types of cancers.[4]

In other studies, the anti-inflammatory qualities of the curcumin of *C. longa* where comparable to that of cortisone and phenylbutazone, but with much less toxicity.[6] Documented anti-inflammatory effects of curcumin include the inhibition of leukotriene formation, platelet aggregation, and neutrophil response, while promoting fibrinolysis and stabilizing lysosomal membranes.[1] In a study of non-steroid anti-inflammatory drugs, curcumin was shown to exert similar results as phenylbutazone.[7]. Meriva, a product that combines the curcumin of turmeric with soy phospholipids, improved the bioavailability of the anti-inflammatory properties of the curcumin, and absorption rates where five times higher with Meriva than with just turmeric.[8] Thus, the recipe for ginger turmeric tea listed above utilizes the fat in the almond or coconut milk to improve the absorption of the curcumin.

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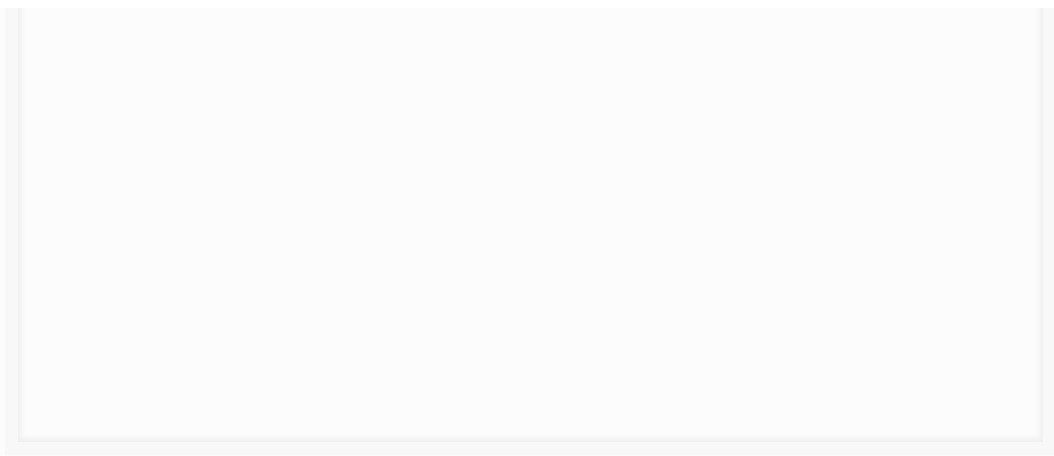
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Golden milk is a delicious drink made from turmeric and it has many health benefits for the whole family. The two main ingredients in the golden milk recipe are turmeric and black pepper which are combined with water to make a yellow paste. Virgin coconut oil is added to the golden milk paste before incorporating milk (or coconut milk) into the mixture. Golden milk is used as a natural remedy for a wide range of health issues. Some of the health benefits of this delicious golden liquid can help to reduce inflammation in joints, boost your immune system, maintain a healthy heart and cardiovascular So those golden milk recipes floating around without these two powerful co-factors, as tasty as they likely are, they won't bring the promised anti-inflammatory magic that this golden beauty is so well known for. However just a note, if you are taking the curcumin for use exclusively for inflammation in the colon and not systematically, then consumption without the boost for absorption, is certainly advisable. So, that's a lot of information, but, honestly all worth mentioning. I personally like to make my golden milk with fresh turmeric and ginger, I find the flavor and the benefits to be heightened, but you can certainly opt for dried and ground, instead. It's just as good and just as effective. This turmeric tea latte recipe (a.k.a golden milk) has become a top Google search result, and I'm loving the comments here. I just updated this post with even more information & tips and info for you. The star ingredient in golden milk is turmeric, which gives it a beautiful yellow color and healing benefits. Curcumin, turmeric's most significant compound, has medicinal properties and is used to reduce joint pain, arthritis, inflammation, and even treat depression. skin inflammation from radiation treatment. fatigue. It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, fever, menstrual problems, itchy skin, recovery after surgery, cancers, Alzheimer's disease, diabetes, water retention, urinary bladder inflammation, and kidney problems. (1).