

☐ Ultimate Immune Comfort Elixir

A warm, soothing drink made with ginger, turmeric, lemon, honey, and cinnamon to help comfort you when you're feeling under the weather.

Why You'll Love This Drink

When you're battling a cold, the flu, or another viral illness, staying hydrated and soothing your throat can help you feel more comfortable. This warm elixir combines ingredients known for their comforting flavors and antioxidant properties into one cozy mug.

Ingredients

- 2 cups water
- 1½-inch piece fresh ginger, peeled and sliced
- ½ teaspoon ground turmeric
- 1 cinnamon stick
- Juice of ½ fresh lemon
- 1 tablespoon honey
- Pinch of black pepper
- 1 chamomile tea bag (optional)

Instructions

1. Bring the water to a boil.
2. Add the ginger, turmeric, cinnamon stick, and black pepper.
3. Reduce heat and simmer for 10–15 minutes.
4. Remove from the heat and steep the chamomile tea bag for 5 minutes, if using.
5. Strain into a mug.

6. Stir in the lemon juice and honey.

7. Enjoy warm.

Why These Ingredients?

☐ **Fresh Ginger**

May help relieve nausea and provides a naturally warming flavor.

☐ **Honey**

Can help soothe a sore throat and reduce coughing in adults and children over 1 year of age.

☐ **Lemon**

Provides vitamin C and a fresh citrus flavor.

☐ **Turmeric**

Contains curcumin, a natural compound with antioxidant and anti-inflammatory properties.

☐ **Cinnamon**

Adds warmth and contains antioxidant compounds.

☐ **Chamomile**

A naturally caffeine-free herbal tea often enjoyed for relaxation.

Nutrition Facts (Approximate)

- Calories: 45
- Protein: 0 g
- Carbohydrates: 12 g

- Fat: 0 g
- Fiber: 0 g
- Sodium: 5 mg

Wellness Tip

Drink this warm elixir while getting plenty of rest, eating nourishing foods as tolerated, and staying hydrated. These measures can help support your body's recovery while your immune system does its work.

***Important:** This drink is intended to provide comfort and hydration. It is **not** a treatment or cure for COVID-19, influenza, the common cold, or any other infection. If you have trouble breathing, persistent high fever, chest pain, confusion, signs of dehydration, or symptoms that are severe or worsening, seek medical care promptly.*