



Essence of ayurveda



Drink this
Ginger -
Turmeric
Mixture Before
Bed To Clean
Your Liver And
Never wake Up
Tired Again.

Have you ever heard of golden milk? This mixture of spices and herbs with coconut oil and coconut milk is a tasty drink which is a rich source of nutrient, and offers a myriad of health benefits!

You can drink it during the entire day, but most people drink it in the morning, on an empty stomach, and before going to bed.

Golden milk has originated in India and was widely used in Ayurvedic medicine for detoxification, anti-inflammatory effect, healthy blood sugar, and many other benefits!

Golden milk is a miraculous beverage that can help detoxify your liver before bedtime. It is creamy, tasty, nutritious, and packed with a wide range of health benefits. Read on to learn more!



What's in golden milk?

Golden milk is a mixture of coconut milk, coconut oil, ginger root, turmeric, and black pepper. You can sweeten it with honey. Turmeric is the most potent ingredient, which has numerous medicinal properties and offers various health advantages.

However, this doesn't mean that ginger, coconut, and black pepper do not provide any health benefits. This beverage is traditionally made with milk and heated up, but feel free to make a paste, teas, and other variations of it. Before we go into details regarding its preparation, let's go over its health benefits first.



Health benefits

Turmeric: It has been long used to treat liver disease, respiratory illnesses, muscle and joint pain, skin disorders, gastrointestinal problems, and many more. It acts as potent anti-microbial and anti-inflammatory agent, which makes it beneficial for chronic diseases that stem from inflammation.

Studies have also confirmed that it treats allergies and intolerances, prevents degenerative cognitive illnesses like Alzheimer's and dementia, improves and stabilizes blood sugar, treats depression, detoxifies the liver from environmental toxins by neutralizing free radicals, and even treats cancer.

Ginger: It combats nausea, improves digestion, and helps alleviate cold symptoms. Due to its anti-inflammatory properties, it may also help with blood sugar, alleviate menstrual pain, and ease muscle pain.



Coconut milk: It is high in vitamin B, Magnesium, electrolytes, and fatty acids which regulate blood sugar, support joint pain and prevent weight gain.

Coconut oil: It effectively heals wounds, boosts immunity, helps digestion, helps weight loss, moisturizes the skin, and prevents liver and kidney disease. (Image)

Black pepper: This spice is effective in fighting anemia, improving digestion, alleviating cold symptoms, and combating free radicals. In particular, it is included in this recipe in order to boost turmeric's bioavailability. (Image)





Golden milk recipe

Ingredients:

- 2 cups of coconut milk
- 1 tablespoon coconut oil
- 1 teaspoon turmeric
- A small piece of fresh ginger root, peeled and minced
- Pinch of black pepper
- 1 teaspoon raw, organic honey (optional)

Instructions:

- In a saucepan, mix all the ingredients, and heat up the mixture for 5 minutes. That's all!
- You can drink it right away!
- We recommend you to drink it as soon as you wake up, in order to detoxify the body, fight inflammation, accelerate healing, and enjoy numerous other health benefits!