



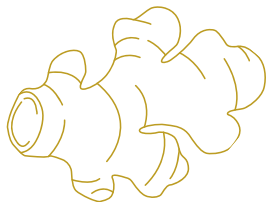
Ginger Slices to Stimulate Digestion

These ginger slices for digestion are a traditional Ayurvedic digestive remedy used to gently stimulate agni (digestive fire) before meals.

Servings: About 2 days if taken before every meal
Preparation Time: 5-10 minutes

Ingredients

- 1 inch of fresh ginger
- Juice from 1/2 a lime
- **Salt** to taste



Instructions

- Slice the ginger into 1/8 inch slices.
- Squeeze the lime juice on top and sprinkle with salt.
- Store in a glass jar in the refrigerator. Don't store more than a couple of days, as this remedy can ferment easily.
- Take one slice of this mixture 1/2 hour before meals to stimulate hunger and increase digestive strength.
- Use caution with high Pitta/excessive heat.

Ginger Slices to Stimulate Digestion (Cont.)



This recipe is excellent for stimulating digestion for Kapha and in the spring. Use this with caution with a Pitta constitution or imbalance, or in the hot summer months.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

