

TURMERIC CHAI LATTE

Matrix Code R702 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

INDICATIONS

Inflammation is when a part of the body becomes reddened, hot, swollen, or painful. Inflammation can cause stiff or painful joints, and can affect internal organs. Turmeric has long been known to effectively reduce inflammation without side effects, however there are some tricks for assuring that the turmeric has its full effect, such as heating up the turmeric in combination with pepperine from freshly ground black pepper and some oil. I learned this recipe for Turmeric Chai Latte from my daughter Aurora Leroux, who also heals her horses with turmeric, and makes amazingly gentle natural soap from hand-harvested donkey milk from her own donkeys in France.

(<https://www.arcoulane.com/commandes/>)

INGREDIENTS (per serving)

Make the effort to obtain good quality bio organic ingredients if at all possible.

2 teaspoons powdered turmeric (Kurkuma in German)

½ teaspoon powdered cinnamon (Zimt in German)

½ teaspoon coconut oil, ghee, or butter

10-15 grinds (1/8 teaspoon) fresh black pepper corns

½ cup (115 ml) boiling water

½ cup (115 ml) rice milk, almond milk, oat milk, soy milk, or other milk substitute, or if you prefer, actual goat milk, heated or not as you wish.

PREPARATION

Place the dry ingredients into a sturdy glass or coffee mug: turmeric, cinnamon, and freshly ground black peppercorns.

Add the coconut oil.

Add the boiling water and stir for approximately 30 seconds.

Add the rice milk. Enjoy once or twice a day!

NOTE: If you stir too long the cinnamon tends to get a bit slimy.

