



Kapha Balancing Spice Water

Instructions: In 1 quart of water, add the indicated amounts of the following spices: cumin 1 teaspoon, coriander 1 teaspoon, fennel ½ teaspoon, ginger 1 teaspoon.

In the case of cumin, fennel and coriander, use the whole seed form if available. If not available in whole seed form, use the dry powdered spice. In the case of ginger, use fresh grated ginger root if possible, otherwise use dry ginger powder.

Bring the spiced water to a boil, then remove from the flame and allow to steep for 10 minutes. Strain and place the liquid in a thermos. Take frequent sips throughout the day—ideally, at least a couple of sips every 30 minutes. You may discontinue sipping the spice water in the evening.