

Living and Lovin Herbs Podcast

Ginger Juice

According to Steven Buhner's *Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections* Ginger is an antiviral herb and great to take when sick with the flu.

I recommend you juice your ginger and freeze it in ice cube trays to extend its shelf life. Save those fibers and freeze them for tea later.

If you don't have a juicer - then grate it the ginger and add it to just-off-boil water.