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The many benefits of ginger turmeric tea include treating inflammatory conditions, headaches, pain, boosting the immune system and promoting heart health. It is also good for the skin and can improve emotional and cognitive health. Can turmeric help you lose weight?

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Anti-Inflammatory. Individually, ginger and turmeric both have impressive anti-inflammatory benefits. The compound in ginger called gingerol is

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Ginger's amazing ability to improve immune function has been praised by Ayurvedic medicine since before recorded history. Since ginger is so effective at warming the body, it is believed that it can help to dissolve the buildup of poisons in your organs. It is also known to wash the lymphatic system, which processes our body's sewage. Dr.

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