

Hot Spice Water

In a liter/quart thermos:

1/2 tsp fennel seeds

1/4 tsp cumin seeds

1/4 tsp coriander seeds

Add seeds to thermos and pour boiling water into the thermos. Let steep for 5 minutes. Then sip this hot spice water throughout the day. You can add more boiling water if you drink it up. But the next day make a fresh batch.

The effect of the hot water alone on the side of the tongue signals your body to digest. If you have just eaten it will digest what is in your system. If you have not just eaten, the signal will be to digest stored fat. Since this is where toxins often hang out, drinking the hot water will pull out ama (toxins) along with fat and discharge from your body.

The 3 spices are digestive spices so this is an added bonus for digestion. Once you start doing this, you will feel much cleaner as digestion will be more complete.

Hint--if purchasing a thermos, get a good one that will keep water hot for 7-8 hours. Also a pop-top type thermos is good so you will not need to completely open the thermos each time which allows the heat to escape.

Here is a drink to your health.