



NIGHT CAP

Enjoy a great night's sleep with this anti-inflammatory bedtime tonic.

- 1/2 cup water
- 1/4 cup organic turmeric

- 2 cups coconut milk
- 1 tsp. coconut oil
- 1/2 tsp. cinnamon
- 1 tsp. fresh ginger, grated
- 4 peppercorns
- 1 pinch stevia, or 1 drop of liquid stevia

In a small sauce pan, combine water and turmeric. Stir over medium heat for 10 minutes to make a paste. Add more water if needed.

Place in a glass container for use over the next two weeks.

Before bedtime, combine in a small sauce pan the remaining ingredients plus 1 Tbs. turmeric paste.

Simmer for 10 minutes. Strain steaming liquid into two cups.

Prepare for bed; turn off electronic devices; turn down the lights and place distance between your shoulders and your ears. Sip your night cap. Slide between the sheets. Take four slow, deep cleansing breaths. *ZZZZZZZZZ*.