

# Ginger Root and Hibiscus Infused Lemonade

By Lucinda Hodges

Ginger root and hibiscus flowers are a wonderful complement to summer fresh lemonade. Ginger root has been used medicinally for thousands of years and is considered to ease the symptoms of nausea and inflammation associated with toxicity. Red hibiscus flowers are high in vitamin C, a natural diuretic, and are attributed with lowering blood pressure and cholesterol. The combination of organic ginger root, red hibiscus flowers and fresh lemons are a great choice for most chemically injured people looking for a safe, natural, inexpensive, homemade detox beverage.

To begin, fill your tea kettle with at least one quart of water and bring to a boil. While your water heats grate about three to four inches of ginger root with a cheese grater into a bowl. Use more ginger root for increased zest and detoxification. Place the grated ginger and juice into either a quart mason jar or a ceramic tea pot and cover with about a quart of boiling water.

Add a tablespoon of dried hibiscus flowers to the ginger infusion. Let steep for at least twenty minutes.

While the ginger root/hibiscus flowers steep cut and squeeze two to four lemons into a one gallon glass container and sweeten to taste. I like to sprinkle the lemons with organic sugar and then cover with warm water to dissolve the sugar. Stevia or honey work well too.

Pour the ginger root infusion through a strainer and on to the lemons. Stir and add enough cold water to make a gallon of ginger-hibiscus- lemonade. Add a sprig of mint from the garden and you have a healthy, healing summer time iced tea for you and your friends to enjoy.

**Doubt is a pain too lonely  
to know that faith is his  
twin brother.**

Khalil Gibran

*Note to reader. Drinking ginger root infusions are not recommended for individuals with gallbladder problems. The ginger causes bile to be released from the gallbladder which may move gallstones into the bile ducts.*