

TRY

# golden

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MILK



## what is it?

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Golden milk, or haldi doodh, is based on a traditional Ayurvedic recipe that uses turmeric for its health benefits, golden color, and slightly spicy flavor.



## turmeric

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Turmeric is a plant that is yellow/orange and contains curcumin, a polyphenolic compound with anti-inflammatory and antioxidant properties.



## Ayurveda

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Ayurveda comes from the Sanskrit words ayur (life) and veda (science or knowledge), and is based on the belief that mind, body, and spirit are interconnected.



## ginger

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Research shows that ginger can help decrease motion sickness, relieve nausea experienced in pregnancy, and help reduce nausea from chemotherapy.



## pepper

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Black pepper improves digestion by stimulating the production of hydrochloric acid in the stomach. Black pepper also has antioxidant and antibacterial properties.



## recipe

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To make golden milk, combine 1 cup of your favorite unflavored milk with turmeric, ginger, and black pepper to taste and then heat it up.