



Usnodaka

“Cooked” Water Recipe



WHAT TO KNOW

After age 50 begins the “drying out” phase of life when staying properly hydrated is more important now than ever! The best way to keep your digestive fire working properly and to open up the circulatory channels of the body is by sipping “Cooked” Water daily and limiting cold/iced beverages.

Drinking 4-6 ounces of Cooked Water first thing in the morning upon waking up is a great way to rehydrate the body after sleeping. You can add squeeze of lemon or lime juice if you like! Using your Cooked Water to make and sip herbal/non-caffeinated teas throughout the day rehydrates the body as well.

DIRECTIONS

1. Use filtered water that doesn't contain a lot of minerals. Plan to cook the amount of water you want to drink the rest of the day. Cook your water each morning rather than making a lot to store for the next day.
2. Bring the water to a boil in a pot, electric tea kettle or stove top kettle. Boil for five to ten minutes then take it off the heat. Allow water to cool before drinking. You can drink your first cup of warm water (4-6oz) from this, adding lemon or lime juice if you like it. Sip this water during the day when thirsty. Try to avoid drinking too much water 60min before or 90min after meals as this puts the digestive fire out in the stomach.
3. Add whole coriander seeds, fresh mint leaves or cardamom pods to your water during the warmer weather months to flavor your tea if you like this. Herbal/non-caffeinated teas can be made with this water too!

NOTE: Your cooked water will eventually warm to room temp which is fine, or re-warm it to a temperature you like.

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