**TURMERIC-GINGER SHOTS**

**Ingredients:**  
  
4 inches turmeric  
4 inches fresh ginger  
2 oranges  
4 garlic cloves

**Directions:**

One at a time, run each ingredient through the juicer, keeping the juices separate. Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice, 1/4 teaspoon garlic juice, and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.  
  
Note: the amount of ingredients necessary will vary greatly based on the juicer that is used.  
  
Makes 2 to 4 servings

Taken from Medical Medium