

You Can **STOP** Snoring

Anti Snoring Tea Recipe

1. Grate one medium sized cinnamon stick and a piece of ginger about a half inch long.
2. Combine with one cup of boiling water and let steep fifteen minutes.
3. Strain and allow to cool.
4. Sweeten with sugar to taste (not honey) and drink just before retiring.

Do this every night for a week and the snoring should stop.

