

The Nervous System Reset™

Golden Milk

A Warming Anti-Inflammatory Drink

Golden milk is a traditional Ayurvedic-inspired drink made with turmeric, used to support relaxation, warmth, and general wellbeing. It is often enjoyed in the evening as part of a calming bedtime routine.

Turmeric contains curcumin, a compound studied for its anti-inflammatory and antioxidant properties. Black pepper and healthy fats are commonly included to support its absorption.

Turmeric Paste (Make First)

Ingredients

- 1/4 cup turmeric powder
- 1/2 teaspoon ground black pepper (by ground, I mean mortar and pestle ground, not ground out of the pepper grinder. The pepper increases curcumin bioavailability)
- 1/2–3/4 cup filtered water

Method

- Combine all ingredients in a small saucepan and mix well with a whisk. Don't use a wooden spoon unless you are ok with it being yellow for the rest of its term in your kitchen.
 - Heat gently over low–medium heat, stirring continuously
 - Cook until a thick paste forms (do not leave unattended as it thickens quickly and can burn)
 - Avoid burning or sticking by keeping heat low and stirring frequently
 - Allow to cool, then store in a clean glass jar in the fridge
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Golden Milk (Single Serve)

Ingredients

- 1 cup milk of choice (almond, oat, coconut or hemp)
 - 1/4–1/2 teaspoon turmeric paste (to taste)
 - 1/4 teaspoon coconut oil (optional, for absorption and richness)
 - Honey to taste (optional)
 - Optional spices: cinnamon, nutmeg, ginger
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Method

- Add milk, turmeric paste, and coconut oil to a small saucepan
 - Warm gently over low–medium heat, stirring continuously
 - Do not boil
 - Once steaming, remove from heat
 - Add honey and spices to taste
 - Serve warm
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Optional: Making Turmeric Powder at Home

- Wash and peel fresh turmeric root
 - Slice thinly and dry in the oven at a low temperature (around 60°C) for 2–3 hours with the door slightly ajar
 - Once fully dried, grind into powder using a spice grinder or blender
 - Store in an airtight jar for up to 6 months
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Final Note

Golden milk is best enjoyed as a warm, calming drink in the evening. Adjust spice levels and sweetness to suit your preference.