How To Make Natural Homemade Ginger Ale

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Do you know, I picked up some ginger ale the other day and when I read the ingredients, there wasn't actually any ginger in it... Just artificial flavors.

I love traditional ginger ale, but in addition to tasting great, ginger ale also has many medicinal properties, with the most popular use being to soothe stomach ache and alleviate nausea. Many people swear by ginger for travel and sea sickness. If you'd like have a go at making your own natural and healthy ginger ale, head over to 'Wellness Mama' and get the recipe.

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(Photo from: Wellness Mama)