Golden Citrus Ginger Tonic

**Ingredients**
1 cup water  
4-5 inch piece of ginger, cut into 1 inch pieces  
4-5 inch piece of turmeric, cut into 1 inch pieces  
1 dried clove  
1 cinnamon stick  
2 cardamom pods  
1 cup maple syrup  
2 large lemons, juiced  
1 large orange, juiced  
64 ounces sparkling water or water  
Fresh mint for garnish (optional)

**Instructions**
1. In a small pot, combine the water, ginger, turmeric, clove, cinnamon, cardamom, and maple syrup. Bring the mixture to a boil and then simmer for 30 minutes.  
2. Strain, then stir in lemon and orange juice. Refrigerate the mixture until ready to use.  
3. To use, add 2 tablespoons of syrup to 8 ounces of water or sparkling water. Stir gently and serve.