COUGHING

Try and find out the trigger for the coughing. Is it because the sinuses are draining down the throat and into the lungs and you are coughing up the phlegm? Is it because you are eating mucous forming foods like dairy? Are you allergic to something and the body is creating mucus to protect your tissues?

Do you have a dry cough or a wet cough? Has this been going on a long while, like since you had an infection 6 months ago. Is it possible you have a bacterial infection, or a viral infection? Could there be mold or other spores involved, causing the lung to constantly get rid of the microbes.

Try and figure out what could be the cause. If you know how to test yourself, that could help.

SIMPLE HOMEMADE COUGH SYRUP

- **3 tbsp lemon juice**
- **1 cup honey**
- **1/4 cup warm water**

Combine lemon juice and honey in a bowl. Slowly stir in the water. Store in a covered jar in the refrigerator - take 1-2 tbsp as needed for cough.

Mix a tablespoon into a cup of chamomile tea to help you relax! Great for kids (over the age of 2) especially before bedtime.

BRANDY ONION COUGH SYRUP

- **1 diced onion**
- **About 1/4 cup honey or enough to cover the onions**
- **Juice of one large lemon**
- **2 jiggers brandy**

Put the diced onion in the bottom of a bowl. Cover the onion completely with the honey then add the lemon juice and brandy. Cover the bowl and place in the refrigerator overnight. In the morning strain the liquid and compost the onion. Pour the homemade cough syrup into a sterile glass jar or bottle and cap securely.

If you don't want to wait overnight you could heat the honey and the onions on VERY low heat for about 20 minutes, strain, then add the lemon juice & brandy. I really don't like to heat honey because if it gets too hot the heat can destroy many of the medicinal properties of the honey but this does make it much easier to strain!

Always use glass or stainless steel pans when making medicinals! Never use aluminum!

DOSAGE: Take two teaspoons of this home made cough syrup once every three to 4

hours for instant cough relief!

The onions actually fight the bug that has you coughing, the honey soothes your throat, the lemon juice is antiseptic and the brandy is medicinal.

PLEASE NOTE THAT HONEY SHOULD NOT BE CONSUMED BY DIABETICS OR CHILDREN UNDER THE AGE OF 2!

GARLIC HOMEMADE COUGH SYRUP

Garlic is a great antiviral, antibacterial, a decongestant and immune booster and combine it with honey which is soothing and antiseptic and you have a syrup to help prevent and combat cold and flu symptoms!

- **1 head of garlic**
- **1 1/4 cups water**
- **Juice of 1/2 lemon**
- **2 tablespoons honey**

Crush the garlic cloves (no need to peel) and add them to a saucepan with the water. Bring to boil and simmer, covered, for 20 minutes. (You should have about 1/2 the liquid you started with.)
Add the lemon juice and honey and simmer on very low heat for another 2 minutes.
Allow the syrup to cool slightly and strain into a glass jar or bottle. This homemade cough syrup will keep for two to three weeks in the fridge.
At the first sign of a cold or flu take 2-3 teaspoons 3 times a day.

THYME FOR HOMEMADE COUGH SYRUP

- **1/4 cup dried thyme or 1/2 cup fresh thyme**
- **1 1/4 cups water**
- **Juice of 1/2 lemon**
- **2 tablespoons honey**

Follow directions as with the garlic syrup. A great home made cough syrup without the side effects or nasty ingredients!

Other herbs that can combat colds and flu (you can always combine the herbs for more potency):

Sage, Ginger, Horehound, Peppermint, black Cherry Bark or Elecampane. A pinch of cayenne pepper is also a great addition to any medicinal syrup but add it when you stir in the honey. Don't cook it!

Many people can't swallow the remedies, so here is something you can do without ingesting:

Slice up an onion, put at bottom of two bags (one for each foot) – put foot in, then put a sock on to hold everything in place. Should help the coughing within a half hour.