

Onions - relieve coughing + aches and pains associated with colds & flus

This is a much forgotten remedy using common herbs and spices you would have in your kitchen pantry to relieve coughing + aches and pains associated with colds & flus. Made in less than half an hour and providing relief shortly after the first dose.

Other foods you can use this method for are garlic, for it's anti-microbial action, grated ginger for reliving the nausea of earlier pregnancy or juiced lemons for cold and flu relief but also as a good health tonic.



Ingredients:

1 onion roughly chopped

2 -3 tablespoons of freshly sliced ginger or 1 dessertspoon of powdered ginger (optional)

1 teaspoon whole cloves (optional)

or

chilli powder or fresh chilli to taste (optional - not recommended if giving to children)

½ cup raw or Manuka honey

Method:

Put onion, spices and honey into a stainless steel saucepan

Add honey and slowly heat for about 20 minutes with the lid on the saucepan

Stir occasionally to prevent sticking - do not boil

Allow to cool, strain the onion & spices, leaving only the liquid

The liquid is your medicine

Pour into a bottle, label and refrigerate - ready for use.

Dosing:

Children: up the age of 12 years: 2.5 - 5mls (½ - 1 teaspoon) every ½ hour to 1 hour

Adults: 12 years and over: 10 - 20mls (2 - 4 teaspoons) every ½ hour to 1 hour

Caution:

Not recommended if you are breastfeeding as the onion and spices will upset the tummy of the breastfeeding baby.