

3 HOMEMADE COUGH REMEDIES

Honey, onion and garlic syrup

Combine a half-cup of honey and a half-cup of water. Add in one whole chopped onion and one chopped clove of garlic. Add a dash of sage, thyme or oregano and allow to steep overnight at room temperature. Strain and use the liquid as a cough syrup. Store in your refrigerator.



Horseradish syrup

Add a dash of grated horseradish to a quarter cup of honey. Allow it to sit for a few hours then use as a cough syrup.



Castor oil chest rub

Start with a half a cup of good quality, cold pressed castor oil. Crush one or two cloves of garlic and stir them into the oil. Add a tablespoon of freshly grated ginger, three or four drops of eucalyptus oil and about half a teaspoon of cayenne pepper. Rub on chest.



Source: besthealthmagrawforbeauty.com