HEALTHY TIPS

Raw Honey + Coconut Oil & Cinnamon DIY Cough Drops that Will Save You a Trip to the Doctor's

By bestfolkmedicine · 25/07/2018 · 1 min read



No one likes catching a cold or the flu, right? With this in mind, it is good to know how to avert these health problems and avoid the unpleasant symptoms like coughing, runny or stuffy nose, and fever. Most of us treat colds and the flu with over-the-counter meds prescribed by our physicians, however, the problem with these medications is that they are full of different chemicals that are harmful for our overall health.

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With this in mind, it is a much better variant to put an end to the symptoms or prevent them by using homemade, natural cures. Below, you can check out the recipe for natural anti-cough drops which are easy to make and have a pleasant taste. Its ingredients will strengthen your immunity and speed up the healing process.

Homemade Anti-Cough Drops

Needed:

100 grams of honey, raw

100 ml of coconut oil

A pinch of Ceylon cinnamon

Preparation: Put the coconut oil into a bowl and whip it to become frothy. Begin to gradually add the honey and continue with the whipping to get a fine and thick paste. Add the cinnamon and mix once more. Put the content into empty ice cube trays and put them into the freezer for 30 minutes. Afterwards, store them in the fridge.

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Use: Take one cough drop daily for optimal prevention.

The Benefits of the Ingredients

- Honey possesses antiviral, anti-fungal, and antibacterial characteristics that are known to be beneficial against coughing and sore throat. It will also alleviate respiratory system inflammation, detoxify the liver, and better the intestinal health.
- Coconut oil is abundant in lauric acid that is known to treat fungi, bad bacteria, and viruses; it will encourage the mineral absorption in the bones and lower the blood pressure and regulate the cholesterol levels too

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