GRANDMA'S REMEDIES

DIY Homemade Honey-Ginger Syrup That Fights Flu And Colds

By bestfolkmedicine · 12/03/2019 · 2 min read



This amazing honey and ginger syrup is an excellent natural remedy to avert and relieve cold and flu symptoms. As we are still in the cold and flu season, it is good to consume if we want to optimise our health and strengthen our immunity.

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If you have caught the flu or a cold, this concoction will help you cope with the unpleasant symptoms easier and be able to get on with your daily life normally. Unlike over-the-counter meds and syrups, this one does not come with side effects as it is completely natural.

Continue reading the article to learn how to prepare the remedy in a couple of easy steps with ingredients you probably already have in your kitchen cabinet!

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DIY Ginger & Honey Syrup

You will need:

A medium-sized ginger root

A cup of organic honey

A glass jar

Preparation: First, peel the ginger and cut it into slices. Then, add it to the glass jar together with the honey. Close the jar well and leave it in a dark and cool area for 48 hours. Afterwards, you can begin using it.

Use: For prevention of colds and the flu, take a tbsp before breakfast on a daily basis. To treat colds and the flu, take 3 to 4 tbsp per day. For small children, the dosage should be replaced with teaspoons.

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The Health Benefits of the Ingredients

Ginger is well-known for its anti-inflammatory power and gingerol, its main component, possesses antibiotic properties that help remove bacteria and viruses from the respiratory tract.

It contains vitamin C that is pivotal for a strong immunity as well as niacin, potassium, and phosphorus that will fight off inflammation. Thanks to the antioxidants in it, it will cleanse and protect the airways and lower the negative impact of free radicals and toxins.

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Honey is a potent antiviral and antibacterial agent that is abundant in enzymes and amino acids. It can be of aid to remove surplus phlegm, treat congestion, and fight off other cold-related symptoms.

It contains trace elements like magnesium and potassium that will impede the microorganism action in the body. Thanks to its anti-inflammatory abilities, it will decrease the airway irritation and

minimise cough and throat ache.

Sources:

THE BLENDER GIRL

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