GRANDMA'S REMEDIES

Homemade Ginger Shot to Help Alleviate Cold & Flu Symptoms

By bestfolkmedicine · 10/03/2019 · 1 min read



If you are down with a terrible cold or the flu and you cannot stop the coughing and runny nose, no worries- try out this all-natural ginger shot recipes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Ginger is a well-known plant used in cooking, but also a powerful remedy which a lot of people use to alleviate respiratory infections, including colds, the flu, coughing, sore throat, and more.

In a couple of steps, you will prepare this ginger shot and finally heal your respiratory system. Continue reading the article to learn how to prepare these two amazing ginger shots in few easy steps…

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Ginger & Lemon Shot Recipe

You will need:

A medium-sized lemon

A small ginger root

1 ½ cups of water

2 tbsp of stevia

Preparation: Boil the water first and before it boils, add the stevia. Once it boils, add the ginger and turn off the stove. Leave it to sit for 5 minutes. Mix everything together and add several lemon squeezes. Serve and drink it right away.

Ginger & Pineapple Shot Recipe

You will need:

2 slices of pineapple

A large ginger root

1 ½ cups of water

Preparation: First, boil the water and then add the pineapple and ginger. Leave them to fuse for 10 minutes. Then, serve in a glass or a cup.

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Consume it warm or at room temperature.

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