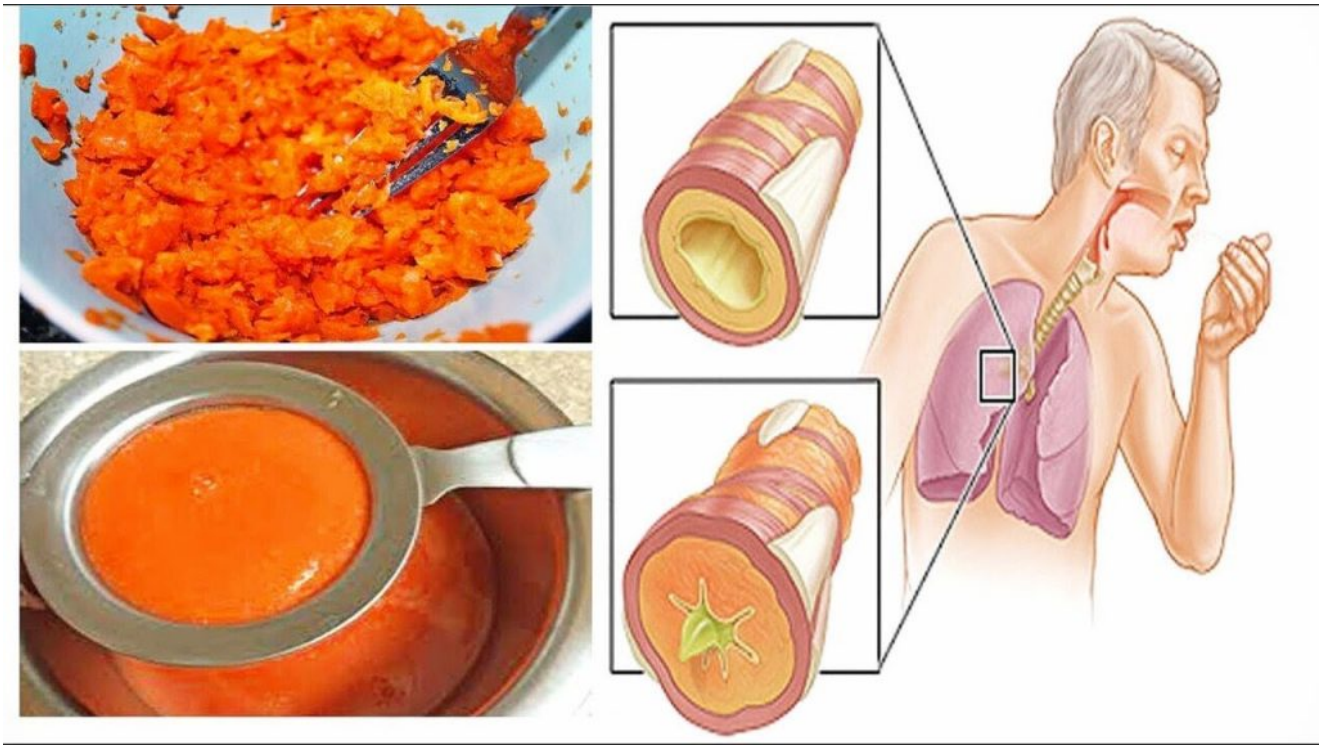
DRINKS & SMOOTHIES

Thanks to this Ancient DIY Syrup, You can Remove Lung Phlegm & Relieve Coughing Fast

By bestfolkmedicine · 16/03/2021 · 1 min read



Many of you have probably heard that carrots are very beneficial for healthy eyes; but, fewer of you also know that they're also an amazing way to treat a cough naturally.

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Thanks to carrots, you can expel phlegm easier.

In fact, carrot soup is an ancient remedy used against cold and flu symptoms. This syrup is an awesome way to avoid the artificial ingredients from store-bought syrups and enjoy delicious soup while healing your lungs.

The Health Benefits of Carrots

Carrots are amazing veggies-rich in nutrients including vitamins A, C, and K and minerals like potassium.

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Vitamin A is amazing in healing infections while vitamin C is known for its immunity-strengthening powers.

Enriched with some honey, it will also have some antibacterial and antiviral characteristics.

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Thanks to honey, your sore throat will be less painful. The third ingredient is ginger-it's a powerful anti-inflammatory ingredient with pain-relieving properties too.

Let's check out the recipe below.

DIY Carrot Anti-Cough Syrup

You'll need:

½ kilo of carrots

3 tbsp of honey

2 tsp of freshly-chopped ginger

Prep:

Cut the carrots in smaller pieces and put them in a pot.

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Add water to cover them and bring them to medium heat. When the water begins to boil, add the ginger and boil until the carrots soften.

Then, strain the content and keep the water.

Blend the mixture until it becomes smooth. When the water has cooled down a bit, add the honey and mix to dissolve.

Combine it with the carrots and blend once more.

You can keep it in the fridge up to 7 days.

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How to Use this DIY Cough Remedy?

Take 3 to 4 spoons daily until the coughing reduces or stops.

Sources:

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