PLANTS & HERBS

Healing Homemade Anti-Cough Syrup with Lemon, Honey, and Vinegar

By bestfolkmedicine · 20/10/2021 · 2 min read



Over-the-counter syrups to stop coughing often contain high amounts of sugar and numerous other substances whose names you have never heard.

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

This is why many people decide to try homemade syrups, which can really do wonders. One such option is this syrup with lemon, honey, and apple cider vinegar. It soothes the throat, strengthens the immune system, and reduces the need for coughing.

It's really easy to make. You take it in the morning, afternoon, and at night before bed. It's rich in natural ingredients abundant in healing properties and it will help you fight off the cough in no time.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Homemade Anti-Cough Syrup

You'll need:

A tbsp of apple cider vinegar

Juice from ½ lemon

1 ½ tbsps of water

1 tbsp of honey

¼ tsp of garlic, ground

1 ¼ tsp of ginger, ground

¼ tsp of cinnamon

1/8 tsp of cayenne pepper, ground

A small jar

Prep:

Place all of the ingredients in the jar. Close it and shake well. Consume 1/3 of the mixture or a bit more than one tbsp three times per day.

Keep it in the fridge.

How Do the Ingredients in this Syrup Help You Relieve Coughing?

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Honey

Honey relieves irritation and inflammation and strengthens the immunity. It also lowers the secretion of mucus and coughing.

Apple cider vinegar

This vinegar is rich in good bacteria and helps strengthen immunity and soothes a sore throat.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Lemon

Rich in vitamin C, lemons have a strong antioxidant power that plays a role in the reduction of inflammation and strengthening the immune response.

Garlic

Allicin, a compound in garlic, is praised for its capacity to destroy microorganisms that cause respiratory infections.

Ginger

The potent antiviral, antibacterial, and antifungal properties of ginger are a must when we're dealing with infections of the respiratory tract.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Cinnamon

Cinnamon contains antibiotic, antimicrobial, antifungal, and antiviral characteristics.

Cayenne

Thanks to its ability to reduce irritation, cayenne pepper can help bring relief from coughing. Moreover, it's rich in compounds necessary for a strong immunity like antioxidants and beta-carotene.

Sources:

DR AXE

Read online: https://bestfolkmedicine.com/2021/10/healing-homemade-anti-cough-syrup-with-lemon-honey-and-vinegar/
Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.