GRANDMA'S REMEDIES

Oxymel: An Immune-Boosting Syrup with Garlic, Honey & Apple Cider Vinegar

By bestfolkmedicine · 13/07/2022 · 1 min read



This immune-supporting combo is infused with impressive nutrients that will strengthen your immunity and protect you from colds, the flu, and covid.

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Named Oxymel, this is the perfect home remedy safe for adults and children. The sweetness of honey ensures a balance in taste.

Honey and garlic provide you with antimicrobial properties while garlic offers some impressive health advantages for the digestion and respiratory tract.

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Below, check out the recipe and you'll always have a natural, immunity-boosting syrup in your home to keep yourself and your loved ones healthy!

How to Make Oxymel: Immune-Boosting Syrup

You need:

A cup of honey

A cup of apple cider vinegar

2 cups of water

8 garlic cloves, chopped, mashed

Prep:

Cut the garlic 10 minutes in advance. Leave it like that so that it releases allicin, the active ingredient.

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Then, in a saucepan, pour the vinegar and water and cook it on low heat. You can also steep it with some herbs like sage or rosemary.

Add the garlic and steep the content for an hour. You can later strain the content. Add the honey and mix everything together.

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Transfer the syrup into a clean jar and close it well once it cools down.

Store it in the fridge.

How to use oxymel:

2 tbsps every two to three hours in case of congestion and sniffing.

Feel free to add it as dressing on salads, veggies, and meat.

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Sources:

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