GRANDMA'S REMEDIES

Fire Cider: A Popular Folk Remedy that Improves Digestion & Relieves Colds, Coughing, & Fever

By bestfolkmedicine · 28/03/2023 · 3 min read



Have you heard of fire cider? This folk remedy is one of the most popular all-natural cures for coughs and colds.

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

It's so potent that it will boost your immunity and strengthen it in the fight against pathogens and viruses.

It may not be the tastiest drink you have tried, but you will fall in love with the tangy flavor after a few sips. The good news is that your whole family can consume it and get rid of viruses and bacteria faster.

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

Fire Cider Explained

Also known as the Master Tonic, this home remedy is praised for its healing powers in the treatment of colds and coughs. Rosemary Gladstar, a herbalist, created the original recipe in the 70s.

Since then, the recipe has undergone changes and adaptations. Today, you can prepare it at home, but it's also available to purchase in health food stores worldwide.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
The preparation is easy and the ingredients are simple. This will definitely become your favorite anti-cold remedy in your household!

Let's check out the recipe together...

Fire Cider Recipe

You will need:

2 cups of apple cider vinegar

1 cup of honey

½ cup of horseradish

8 garlic cloves, chopped

½ onion

½ cup of ginger

1 jalapeno, sliced

Optional ingredients:

½ cup of fresh turmeric or a tbsp of dried

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

½ lemon

½ orange

1 tsp of peppercorns

2 sticks of cinnamon

2 sprigs of rosemary

Preparation:

After preparing all of the ingredients (except the apple cider and vinegar), set them in a clean and sterilized glass jar, quart-sized.

Pour the honey and apple cider vinegar to cover the ingredients. Leave ½ inch of space between the liquids and the lid.

At this point, you can opt for a glass fermentation weight on top of the ingredients to ensure they're optimally submerged, but this is an optional step.

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

Close the jar well and shake it. Keep it in a cold and dark area for a total of one month. Remember to shake the jar on a daily basis.

After one month, open the jar and strain the content into other jars and label them. It will keep well throughout winter and early spring (six months) if you store it in a dark and cool area.

If you store it in the fridge, it stays safe for consumption for up to 10 months.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

How to consume:

Consume a glass of water mixed with a teaspoon of the remedy. Or, take the teaspoon without water, every few hours.

What Are the Health Advantages You Get from Taking this Remedy?

- **Horseradish root**

This root is great for digestion, appetite, and healing UTIs and respiratory infections.

It also possesses antibacterial characteristics and relieves throat and upper respiratory tract infections.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });

- **Ginger root**

Ginger is abundant in gingerol which possesses antibacterial properties.

This will warm up the body and alleviate cold symptoms.

- **Garlic**

Garlic is an awesome immunity booster. It will also help open up your skin's pores and ensures a reduction of fever.

It also has antibacterial and antimicrobial characteristics and it can also help you heal faster from yeast, kidney, and bladder infections, as well as ear and throat infections.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });

- **Onion**

Quercetin, a compound of onion, is well known and continuously researched for its ability to help speed up healing from a long list of diseases.

- **Jalapeno peppers**

These peppers will boost your blood flow and ensure a faster release of mucus from the body.

It has pain-relieving, anti-inflammatory, and anti-irritant characteristics. They will also stimulate the release of gastric juices and boost your digestion

ezstandalone.cmd.push(function () { ezstandalone.showAds(137); });

- **Turmeric**

This root supplies you with antioxidant power which is crucial in the fight against free radicals.

- **Honey**

Unpasteurized, organic honey is essential in the fight against allergens and infections. It may also help in decreasing coughing and helps in the fight against bacteria.

- **Apple cider vinegar**

This vinegar is exceptional in destroying different types of bacteria. When combined with other potent ingredients like in this remedy, it’s a real health bomb!

ezstandalone.cmd.push(function () { ezstandalone.showAds(138); });

Sources:

DEEP ROOTS AT HOME

THE HEALTHY TART

Read online: https://bestfolkmedicine.com/2023/03/fire-cider-a-popular-folk-remedy-that-improves-digestion-relieves-colds-coughing-fever/

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.