

*****CAUTION- The following remedies that call for honey or fructose should not be used for diabetics.**

COUGH REMEDY

1 cup honey
8 drops of Eucalyptus oil (can purchase at Health Food store or at vitacost.com)

***Mix the above ingredients in a container and set aside for later use...When needed, take 1 Tablespoon when retiring for bed. One teaspoon FOR CHILDREN.

*****CAUTION: DO NOT USE IF YOU ARE DIABETIC...**

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### **COUGH REMEDY #2**

2 dry figs  
1 glass soy milk

Heat soy milk and figs and bring to a boil. Allow to stand for an hour, then warm [up and](#) drink all at once, twice daily.

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COUGH SYRUP

Blend following:

1 cup honey
3 lemons
½ cup garlic
1 radish
~~½ tsp cayenne pepper~~

Add to above and blend:

1/3 tsp peppermint oil
~~1/3 tsp clove oil~~

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### **COUGH SYRUP 2**

The next time you or somebody you know has a cough, why not try this simple natural home remedy that is inexpensive.

Ingredients:

One onion  
Honey

Instructions:

Place one or two drops of honey into a dish of finely chopped onions. You can make several layers of onion and honey. Allow it to sit for three or four hours.

You should sip a teaspoonful every hour, or if need be, every half hour.

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Cough Syrup 3

Blend the following:

1 cup of boiled honey
½ tsp peppermint oil
½ tsp. eucalyptus oil
~~1/3 tsp. clove oil~~
1 Tbsp. licorice root powder
3 radish bulbs, chopped
2 garlic bulbs, chopped
~~Add cayenne to taste (sprinkle lightly)~~

Dosage: 1 tsp. as needed

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### **Cough Syrup, Strong Onion**

Good for whooping cough, pneumonia, colds.

Mix the following:

1 cup onion (and/or garlic)  
1 cup honey  
~~1/3 tsp. cayenne pepper~~  
1/3 tsp. peppermint oil  
½ cup lemon

Let sit in warm place. Does not have true flavor until it sets awhile. The longer it sits, the better it works. (at least 24 hours) Cuts phlegm trapped in lungs. For children, cut back on amount of cayenne.

Refrigeration not needed. Gets stronger with age.

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Onions on Feet

Chop raw onion. Spread on two plastic grocery bags and place one on each foot and tie to secure. Place socks on feet. Leave on over night.

Wishing everyone the best of health,

Melinda