

NATURAL REMEDY FOR COUGH, FLU AND SORE THROAT

PART A

Ingredients:

- Pineapple stem / fruit (3 pieces of stem)
- Peppermint leaf a bunch
- Onions (medium size)
- Ginger (thumb size)
- Peppercorns (black) – 1 teaspoon – crushed.

(Blend all the above ingredients)

- J-FLEX (1 capsule)
- Honey + Lime
- Rhus Tox – 5 to 6 drops
- Herba Marrubi
- Cortex Ulmi
- Radix Althaeae

Preparation for Mixture B

- Boil all blended ingredients in Part A in 1 Litre filtered water for 30 minutes. Leave it to cool. Do not use aluminum pot.

Preparation for Mixture C

- In another pot, boil 1 Litre of water and add 1 heapful teaspoon each of Herba Marrubi, Cortex Ulmi & Radix Althaeae. Boil at least for 15 min, then slow fire for 30 min. Leave it to steep. When luke warm, sieve.

Notes:

- Before drinking : Add ½ cup of Mixture B and ½ cup of Mixture C + 1 cap J-FLEX (open capsule) + Lime + 1 teaspoon honey + 5 drops Rhus Tox. Drink warm.
- Keep the balance in the fridge for future use.
- Drink 3 cups daily.
- Mix Mixture B and C only before drinking. Keep them separate for freshness.