

TO PREPARE HOME COUGH SYRUP

Ingredients:

- Pineapple stem/fruit (3 pieces of stem)
- Peppermint leaf a bunch
- Onions (medium size)
- Ginger (thumb size)

(BLEND ALL INGREDIENTS )

- 1 tsp honey + lime for taste
- Pepper Corns (black 1 tsp)-crushed
- Rhus Tox -5 drop

Preparation :

- 1 Litre of filtered water to boil. All blended ingredients, Pepper Corns & the 3 tea 1 Tbsp Heaped full (Herba Marrubi, Cortex Ulmi, Radix Althaeae) all into the pot. Boil at least for 15min then slow fire for 30min. Leave to steep. When luke warm, sieve. Add 1 j-flex into a cup of tea, honey & lemon + 5 drop of Rhus tox.
- Take 3-4 cups daily (drink warm)

Note : Wet cough-lemon is not added.