



Our sore throat and cough recipes offer you traditional home remedies for soothing and alleviating cold and flu symptoms.

SORE THROAT OR DRY COUGH RECIPE

Cardamom is a wonderful spice if you have a sore throat or a dry cough.

INGREDIENTS

- 1 cup of Boiling Water.
- 3 crushed green cardamom pods.
- 1-2 teaspoons of unprocessed Manuka or raw honey.

INSTRUCTIONS

Crush 3 cardamom pods to release the seeds and place them in your favourite mug.

Pour 1 cup of boiling water over the seeds and steep for 5 minutes.

Add raw Manuka honey once the tea is below 43 degrees celsius so you don't destroy the enzymes in honey.

Drink 3 or 4 cups a day until symptoms are healed. And swallow the seeds.

TRADITIONAL USE

Green cardamom is traditionally used to relieve colds, a dry cough and to help clear mucus.

With anti-inflammatory properties, cardamom is also used to soothe asthma and bronchitis. However, if you experience asthma, check for allergies before consuming spices.

You can also chew a cardamom pod to relieve a sore throat and cold.

Manuka raw honey is antibacterial, antiviral and anti-inflammatory. The main active ingredient is [methylglyoxal](#), a powerful natural antibiotic.



LICORICE SORE THROAT TEA RECIPE

Licorice is soothing for a sore throat. And, you can still add lemon juice and grated lemon zest to this germ-busting tea recipe.

INGREDIENTS

- 2 cups of boiling water.
- 1 teaspoon of licorice root loose herbal tea.
- 1 teaspoon of grated fresh ginger root grated.
- 1/2 a teaspoon of Ceylon (True) cinnamon powder.
- 1 whole clove crushed.
- 1 teaspoon of pure, raw (unprocessed) honey.

INSTRUCTIONS

Place spice and herb ingredients into a teapot or Bodum and steep for 5 minutes.

Pour into your favourite mug and add honey. Sip slowly.

You can reuse the licorice root 2-3 times. Simply refill your teapot with boiling water and allow it to steep.

Drink 1-2 cups daily to soothe a sore throat.

You should only use licorice root for one month and then take a break from it when you are well.

TRADITIONAL USE

Licorice root is traditionally used to soothe a sore throat and coughing and to relieve bacterial and viral infections.

Ginger root is anti-inflammatory and used for its ability to relieve nausea and ward off infections, coughs, colds and sore throats. If you can't source fresh ginger, use half a teaspoon of organic ginger powder or 5ml of organic ginger juice.

True cinnamon's antiviral, antibacterial and antifungal properties relieve cold symptoms and soothe a sore throat.

Cloves anti-inflammatory compounds soothe a sore throat, cough, cold and sinusitis. You can also chew a raw clove to freshen bad breath.



PROLONGED COUGH SYRUP

Try cacao and pomegranate juice if you have a lingering cough that won't go away. Fresh is always best because of the active enzyme content. But if you can't obtain fresh juice, use Lakewood Organic pomegranate juice.

INGREDIENTS

946ml bottle of Lakewood organic pomegranate juice.
4 metric tablespoons of raw Cacao Gold.
3 metric tablespoons of Saffronice saffron infused honey. Use raw honey if you cannot source saffron.
2 metric tablespoons of freshly grated ginger root.
1 teaspoon of organic Ceylon cinnamon.

INSTRUCTIONS

Put all the ingredients in your blender and blitz.

Store the syrup in a glass bottle in your fridge and use it within 2 weeks.

Slowly sip 100ml morning, midday, and night until your cough clears.

Shake the bottle well before pouring.

RECIPE NOTES

Pomegranate is anti-inflammatory, antibacterial, antiviral, and lung protective. We recommend Lakewood Organic juice because it is 100% pure and not reconstituted from a concentrate. It's also sugar-free, preservative-free, and stored in glass.

Raw cacao contains theobromine, which calms chronic coughing by suppressing vagal nerve activity.

Saffron-infused honey loosens phlegm, eases breathing, calms coughing, and promotes a good night's sleep. We use Saffronice saffron honey because it is raw, organic, and simply beautiful, healing honey.

Ginger is anti-inflammatory and relieves coughs, colds, sore throats, and nausea.

Ceylon cinnamon's antiviral, antibacterial and antifungal properties relieve cold symptoms and soothe a sore throat.

Caution: If you are pregnant or on blood thinning medication, this recipe is not for you. Talk to your naturopath because there are other Chinese herbal medicine formulas that can also assist you.



THE BEST WAY TO USE RAW HONEY

In an Oxford University study, honey was found to be superior for upper respiratory tract infections.

We always recommend the natural antibiotic properties of raw honey in herbal teas if you get a cough, cold or sore throat.

BUT – never use boiling water with honey. Adding honey to boiling water can change the enzymes and reduce its benefits.

If you are making a hot drink, wait until it cools and is warm rather than boiling before adding honey.

A warm drink is considered to be below 42 degrees celsius. If you have a kettle that sets the temperature, that's ideal. You could also use a cooking thermometer to measure the heat.

Otherwise, wait until you can comfortably hold your warm drink in your mouth without burning your tongue – then add honey.



EXTRA TIPS TO HELP YOU HEAL

If you have a cough, cold, flu, or sore throat these health tips will help you heal faster.

- Avoid all dairy products, especially if you have a lot of mucus. Drink plant-based milk – organic almond, coconut or Bonsoy soy milk.
- Ditch refined sugar, junk food, or sugary, processed foods.
- Avoid wheat and wheat products. Eat gluten-free grains until you regain your health.
- Eat whole foods, lots of greens, vegetables and fruit. Explore the Mediterranean diet and recipes for inspiration.
- If you eat meat, have white fish and salmon and avoid red meat.
- If you have thick or ‘stuck’ mucus, eat enzyme-rich fresh fruits such as ripe pineapple, papaya, mango, apples, and citrus fruits. Enzymes help break down and loosen mucus.
- Try our **Aloe Vera & Lemon Juice Recipe** (see our blog page) for soothing inflammation if you have sore muscles and joints.
- Drink plenty of pure water and herbal teas and stay well hydrated.
- Your immune system is dependent on your gut health. We offer gut health nutrition guidelines in our **Healthy Gut Reboot** blog.
- Wear a scarf around your neck if cold night air triggers coughing.
- You can also try facial steaming with a tablespoon of fresh rosemary leaves and a couple of drops of peppermint or eucalyptus oil to clear your sinuses. Be careful when you’re dealing with boiling water. And keep your eyes closed.

Most of all, make a commitment to your health and nutrition, to stay as strong as you can.

Make the time to rest, nourish your body, and heal. And consult your health practitioner if you need support.

Because prevention is always the best cure!

