

HONEY & SPICE THROAT SOOTHER

INGREDIENTS

2 pinches black pepper

2 pinches dried ginger

1 tbsp honey

2 pinches of tumeric

PROCEDURE

This traditional syrup is designed to be savored and licked slowly from a spoon.

The honey coats the back of the throat allowing for sustained contact with the spices. These spices heat the throat, nose and chest which can help sore throats, runny noses and other allergy or flu-like symptoms.

Mix together and lick from a spoon over a 15 minute period.

The formula should be strong enough to warm the back of the throat.