

Simple Home Remedies

Sore Throat

1 T Honey

1/8 - 1/2 tsp cayenne

3-5 cloves garlic

Onion decongestant

Bake 250 for 20 mins.

Apply, when cooled down, to chest. Cover with cloth

Onion cough syrup

sliced onions with honey to cover. Cook on double boiler for 30 minutes.

Mullein/Lobelia formula for glands

3 parts mullein

1 part lobelia

steep and strain