

# NATURAL REMEDIES

Here are some natural remedies I learned from my herbology teacher, and my searching also.  
(Of course, don't use anything you may have a sensitivity to.)

## Tea for Chest Congestion

Mix equal parts of:

Mullein flowers & leaves

Marshmallow flowers

Chamomile

Peppermint

Licorice Root

Add Honey

## To Help Sinuses

Add sage to a bowl of steaming hot water, lean over it, and breathe deeply.

(Don't use if you are experiencing asthma symptoms, as you may need a cool mist for that.)

## Headache Remedy Tea

2 T dried lemon balm

1 T dried feverfew

1 T dried lavender

Combine herbs & prepare by:

Using 1 T herb mix for each 1 Cup of water,

Or mix a large batch by adding 1 ounce of herb mixture to 1 quart boiling water.

You can let this steep for up to an hour.

Drink ½ Cup every 30 minutes until the headache is gone.

## For Swollen Uvula

Mix 1/2 teaspoon of turmeric with water and a few ice cubes, let it sit a few minutes and drink.

For more info on turmeric uses and precautions:

<https://umm.edu/health/medical/altmed/herb/turmeric>

## Sore Throat

Crush sage leaves and mix into honey. Take a teaspoon. Very potent.

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## Colds & Flu

### Elderberry Syrup

Mix in medium saucepan:

2/3 C dried elderberries

3 1/2 C water

Bring to a boil and cover.

Reduce to a simmer about 45 min. to an hour until liquid reduces almost in half.

Remove from heat and cool somewhat.

Mash the berries with a flat or rounded utensil.

Pour through a strainer into a large glass bowl.

Continue cooling until just warm.

Add:

1 C honey (only for people over age 2)

Stir well.

Pour into a pint sized (16 oz) wide mouth glass jar, cover tightly, and store in fridge.

For daily dose take about 1/2 teaspoon for children, and 1/2 to 1 Tablespoon for adults.

When you have a cold or flu, take the normal dose every few hours until you feel better.

Notes:

If you reduce the liquid even further, it becomes quite strong (almost like robittusin).

If you don't reduce it as much, it's great on pancakes!

Some folks like ginger or cinnamon or maple syrup in theirs.

### Or Make a Tea :

Elderberries

Elderflowers

Catmint (same plant as catnip)

Peppermint

Hyssop

Lemon Balm

## Rest, Relax, Hydrate, Feel Better!