

Remedy for Cold and Dry Cough



Instructions:

1. Mix all the ingredients
2. Enjoy it once in the morning and once before bed!

Ingredients:

- 1 bowl
- 1 tsp raw organic local honey
- Pinch of organic turmeric
- 1/4 tsp Jeshtimadh powder (licorice powder)
- Pinch of organic dry ginger powder (optional)
- Dash of ground black pepper (freshly grounded if possible also optional)



Remedy for Cold and Wet Cough



Instructions:

1. Mix all the ingredients
2. Enjoy it once in the morning and once before bed!

Ingredients:

- 1 bowl
- 1 tsp raw organic local honey
- 1/4 tsp fresh juice of grated fresh ginger
- Pinch of turmeric



