

Recipe kindly donated by a patient and has been successfully used for generations in her family.

We have found that this is a common remedy prescribed by herbalists (Phytotherpists) through out Europe except with some modifications.

**Sip as required to help stop the dry tickly cough. For use in all ages.**

- 1 In a Pan mix half an inch (1cm) of peeled, sliced fresh root of Ginger, five Cloves, two Cinnamon Sticks, two tablespoons of Honey and the juice of half a Lemon.
- 2 Add 225ml (8fl oz) of cold water and bring to the boil. Lower the heat, cover and simmer for 15mins.
- 3 Remove pan from the heat and pour the mixture through a sieve into a cup. Discard contents of sieve.
- 4 Add more honey if required to sweeten.

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