



## Home Cold & Flu Remedy

by [scoochmaroo](#) on November 10, 2012

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## Intro: Home Cold & Flu Remedy

Don't let cold and flu season knock you for a loop. Stock up on this home cold & flu remedy before the cold weather sets in. It's even delicious when you're feeling great!

For a long time, honey, ginger, and lemon have been recognized for their homeopathic properties. When combined, they make a knock-out remedy against a myriad of ailments. This elixir will relieve many of the symptoms that accompany flu, cold, infection and inflammation. Just check out some of the natural properties of these ingredients:

**Honey:** antibacterial, antioxidant, antitumor, anti-inflammatory, and antiviral

**Ginger:** antiviral, anti-inflammatory, aids digestion, effective against human respiratory syncytial virus

**Lemon:** antiseptic, aids digestion, great source of calcium, magnesium, vitamin C, bioflavonoids

So you can see how combining these elements will create a tasty treat that will relieve your aches, pains, indigestion, and even help you breathe a little better.

### Ingredients:

- Fresh lemon
- Fresh ginger
- Raw honey\*

### Directions:

- Slice lemon into quarters and pack into jar
- Grate ginger, and add to lemon (the amount is up to you - the more the better, I say!)
- While stirring, fill jar with honey

### To Use:

- Add 1 tablespoon (or more to taste) to hot water and stir

This also makes a great holiday or house warming gift! Just add a label with directions and the use-by date. Jar can be stored in the fridge for up to 3 months.

\* Please note: honey is not intended for use by children under 12 months of age.



## Related Instructables



**Home Remedies for the Common Cold** by discontinuity



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**Is it Starve A Cold And Feed A Fever Or The Other WAY Around?** by sunshiine



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**5 Tips To Beating A Cold** by frenzy



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## Comments

3 comments

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**nfk11** says:  
cool drink. i should try to make that one day.

Nov 10, 2012. 6:27 PM [REPLY](#)



**PitStoP** says:  
Great remedy. I always used lemon and honey for a cold/cough but never with ginger. I think I will try this next time. Hopefully I wont need it. => Thanks

Nov 10, 2012. 6:18 PM [REPLY](#)



**SIRJAMES09** says:  
COOL! I never knew that this was possible...ty for sharing! : )

Nov 10, 2012. 6:15 PM [REPLY](#)