

## **How to make Honey & Spice Throat Coat**

**Servings 1**

**Prep Time: 15 minutes**

2 pinch black pepper  
2 pinch ginger (dried)  
1 Tbsp honey  
2 pinch turmeric

### **Instructions:**

This traditional syrup is designed to be savored and licked slowly from a spoon. The honey coats the back of the throat allowing for sustained contact with the spices. These spices heat the throat, nose and chest -- highly effective for sore throats, runny noses and other allergy or flu-like symptoms.

Prepare this remedy in individual portions using unheated raw honey and take 2 or 3 times a day between meals. Mix together and lick from a spoon over a 15- minute period. The formula should be strong enough to warm the back of the throat.