

Home Remedies for Cold/Flu

- Start the day with the honey-pepper mixture: grind 7 black pepper bans and mix with a teaspoon of honey, turning the spoon 108 times clockwise.
- Following the honey-pepper mixture, swallow, without chewing, one-half average garlic clove with a glass of lukewarm water
- Take three or four times daily at the most a tea made from one tablespoon of fenugreek seeds, seven black peppercorns and one teaspoon of fresh minced ginger, which were boiled in two cups of water until one cup remains You can add sugar to Black tea may be added as required
- Eat as much as possible, but avoid sour foods, cold foods and cold liquids, radishes
- Sit facing the fire as much as possible
- Keep the body well covered from throat to thighs