

Natural Antibiotic syrup

Generally, infused or decocted herbs are not exactly palatable, especially for children. To disguise their taste, infusions and decoctions can easily be mixed with honey (preferably high grade Manuka) to make a syrup, with the added benefit of being incredibly soothing. This can be used as a preventative and curative tonic for many health issues, especially those involving bacterial infections and when the spleen is compromised. It can also assist with arthritis, fungal and viral infections, colds, coughs, digestive disorders, fevers, influenza, inflammation, kidney or liver disorders, pain, parasites and poor circulation –

800 ml organic apple cider vinegar (with 'mother')

1 Tbsp grated ginger root

1 Tbsp finely chopped garlic

2 Tbsp finely chopped onion

2 Tbsp grated horseradish

2 Tbsp turmeric powder

2 tsp ground black pepper

2 chilli peppers or 1 tsp chilli powder

2 Tbsp honey (optional – though great for children)

2 Tbsp organic coconut oil (melted over low heat)

Juice of one freshly squeezed organic lemon, plus the grated zest

How to make –

Place all ingredients in a large glass jar

Screw on the lid and shake well to mix

Leave in refrigerator for seven days, shaking at least once each day

Strain the liquid from the mixture into a fresh jar, squeezing out as much as possible from the pulp, then store in refrigerator

Ensure to shake the jar well ahead of taking a tablespoon of the tonic

Usage –

As a treatment, take one tablespoon of this syrup two to three times each day until symptoms have abated

As a preventative medicine, take one tablespoon of the syrup each morning on an empty stomach – before any food

General cautions – not for use in pregnancy, children under the age of ten, those with confirmed stomach ulcers or those taking conventional medications to thin their blood