

## Herb Oxymel – Honey & Vinegar Cough Medicine

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To make this recipe you'll need:

- [Hyssop](#) (fresh or dried)
- [Sage Leaf](#) (fresh or dried)
- [Thyme Leaf](#) (fresh or dried)
- [Dried elderberries](#)
- [Raw Honey](#) (local is best)
- [Organic raw apple cider vinegar](#)
- Jar with a [plastic lid](#) (If you use a metal lid, place waxed paper to prevent the vinegar from eroding the metal)

To make your oxymel, you want a good ratio of herbs to vinegar and honey. The easiest way to do this is to fill your jar 1/3 with the herbs and add equal parts honey and vinegar to fill the jar. Label and place lid. Although you can begin using the medicine within a day or two, it's best after it sits, preferably a week or more.



When you are ready to use, strain the herbs and take by the teaspoonful. If dealing with an acute issue it is generally better to take smaller amounts more often, rather than larger doses only a few times a day.

Let me know if you have questions!

~ Michelle