

# Cold and Flu – Prevention and Treatment

## Easy Steps to Making a Medicinal Honey

### Supplies:

- Raw Honey
- Sage (fresh or dried leaves)
- Ginger (fresh)
- Garlic (fresh)
- Clean jar
- Wooden spoon
- Knife and cutting board



### Instructions:

1. Fill a clean, dry jar 1/3 to 1/2 full with loosely chopped sage, ginger, and garlic.
2. Cover ingredients with honey, stirring lightly to remove air bubbles.
3. Add more honey as needed to completely cover the herbs.
4. Cover and allow to infuse. The longer you leave it, the stronger the flavor. You can use within a few days, but I like to give mine a week before straining into a clean jar.

You don't have to strain the honey, but I prefer to strain mine for a smooth honey and take it by the spoonful.

### Dosing:

During acute illness:

- Adults – 1 teaspoon every 2 hours up to 10 doses daily
- Children over 1 year – 1/2 teaspoon every 2 hours up to 5 doses daily.