

Medicinal Honey Blends



Antibiotic blend

2 tablespoons garlic powder
1 cup raw honey

Anti-viral Blend

1 part oregano
1 part sage
4 Tbsp. dried herb per 1 cup raw honey

Citrus Blend

1 part dried lemon zest (or dried peel)
1 part dried orange zest (or dried peel)
4 Tbsp. of each for a total of 8 Tbsp. per
1 cup of raw honey

Cough and Cold Blend

1 part ginger powder
1 part marshmallow root powder
1 part astragalus powder
4 Tbsp. herb blend per 1 cup raw honey

Immune Booster Blend

1 part elderberries
1 part rosehips
1/2 cup herbs per 1 cup of raw honey

Respiratory Blend

1 part rosemary
1 part thyme
4 Tbsp. dried herb per 1 cup of raw
honey

Stress Away Blend

1 part chamomile
1 part rose petals
4 Tbsp. dried herb per 1 cup of raw
honey

Tummy Ease Blend

1 part peppermint
1 part spearmint
4 Tbsp. dried herb per 1 cup raw honey

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.