

Sore Throat Coat

Ingredients:

1 Tablespoon Raw Honey

¼ teaspoon cayenne pepper

Optional for fighting infection: 4 cloves, minced garlic

Instructions:

Stir together honey and cayenne. If using garlic stir this in as well. Spoon into a small glass container. Increments can be played around with to make this recipe more palatable.

To Use:

Take ½ teaspoon every waking hour until symptoms subside, usually within 24-36 hours. Don't drink for 30-60 minutes after taking. You want the honey to coat your throat and drinking will wash it down.

