

CLEAN YOUR LUNGS AND FLU SYRUP



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You need:

5 carrots

1 lemon

5 tablespoons honey

Wash the carrots well, cut the ends. Cut it in thin slices.

Put the carrots in a pot with 1 litre of water and boil it (soft enough to smash with a fork but not completely cooked)

Mine where a bit undercooked but I just blended.

Let it cool down, add the lemon juice and the honey.

Mix well.

Strain the carrots fibre and put in a glass jar. (don't use the fibre as children don't like it)

Refrigerate.

Consume 5 tablespoons daily until all symptoms disappear completely.

This syrup will also fight inflammation and soreness in the joints; bones and muscle tissues.

Also fights stress and soothes the nerves and anxiety.

It will also help with acid reflux; gastritis and heartburn.

I made it yesterday for my little boy (he has a terrible cough and I could hear the weasel of his lungs) only gave him 15 ml last night and I can see the big difference already.

Photo: Sonia Knoetze

Recipe posted by Sonia Knoetze