

## **Ancient Healing for the Whole Family** *For modern times*

### **Services Professionally Tailored to You**

*(Home Remedy to Prevent and Treat) the Common Cold, Cough, & Congestion*

*Caution: This remedy is only to be used for*

- 1) The occasional or seasonal common cold, cough, and congestion.*
- 2) To help prevent a cold that may occur at the change of a season or during rapid weather changes.*
- 3) If the symptoms do not improve in 2 days, call for a more effective and tailored course of natural ancient healing.*

**Servings Per day: 4-5**

**Duration of time to use this formula: 1- 2 weeks**

#### **Ingredients**

- 1) Water (9) 8 oz glasses in a large pot.
- 2) Fresh Ginger Root- (4) 1/8" slices that have been ground up
- 3) Whole Cloves- 1 Teaspoon
- 4) Honey- 1/2 Tablespoon
- 5) Cinnamon- 1/8 Teaspoon

**(Step 1)** Bring water to a boil

**(Step 2)** Add. A) Fresh Ginger B) Cloves

**(Step 3)** Bring water to a Simmer & Cover for 10 Minutes

**(Step 4)** Strain the Cloves out, and leave the Fresh Ginger

**(Step 5)** Pour about 8oz in Mug

**(Step 6)** Add. A) Honey, B) Cinnamon

**Drink & Enjoy when very warm**