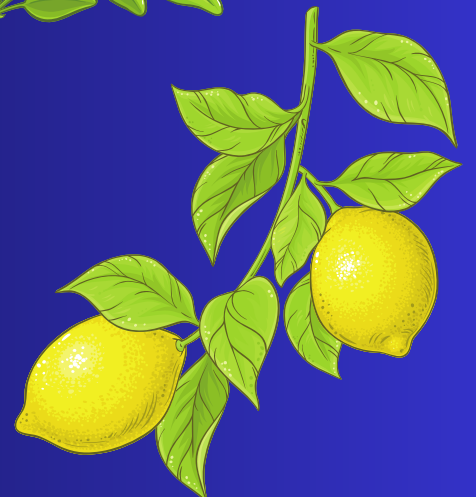
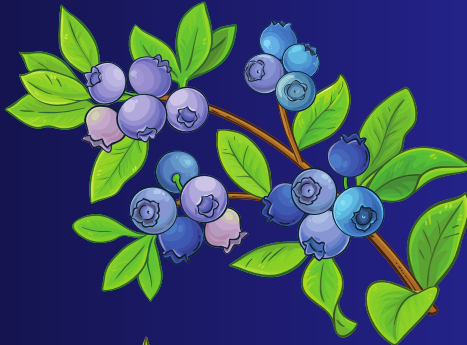
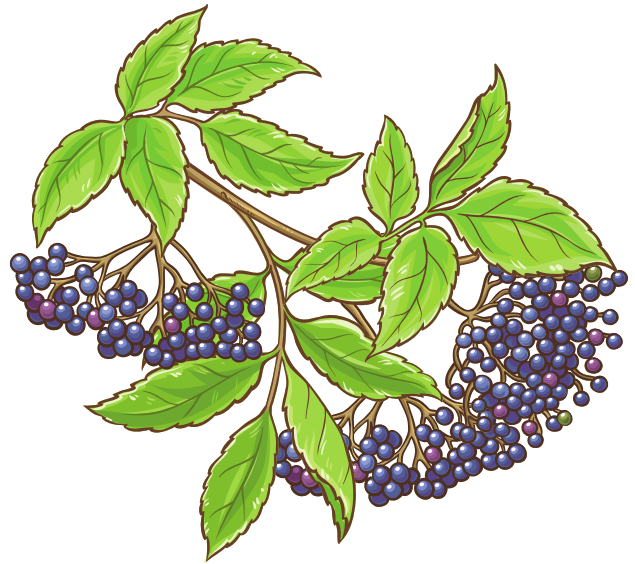


30 SIMPLE RECIPES!

FIRE CIDER...AND MORE!

FOLK & HERBAL REMEDIES
FOR WINTER WELLNESS





Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The information provided is not intended to diagnose, treat, cure, or prevent any disease. Information is derived from traditional folk medicine theory and practice and is not intended to be a substitute for professional medical advice.

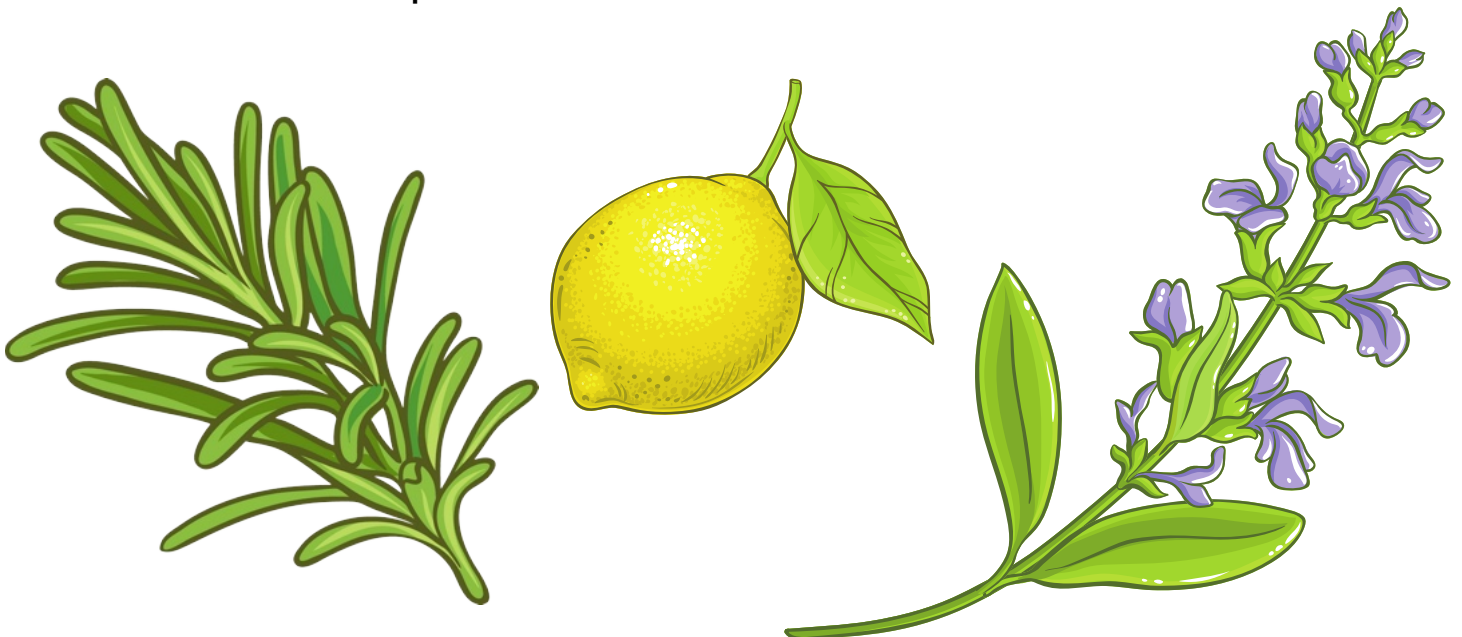




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The History and Medicinal Treasure of Fire Cider

Fire Cider isn't just a zesty tonic—it's a time-honored remedy deeply rooted in folk traditions. Herbalist Rosemary Gladstar brought this spicy, invigorating elixir into the spotlight in the 1970s when she shared it with students at the California School of Herbal Studies. The concept was beautifully simple: transform ordinary kitchen staples like garlic, onion, and vinegar into a warming, immune-boosting remedy to fend off seasonal sniffles and chills. Over the years, Fire Cider has been passed down and adapted by herbalists worldwide, creating a tapestry of recipes as unique as the regions they come from!

But what really makes Fire Cider magical is its synergy. Each ingredient brings its own set of medicinal properties—antimicrobial, anti-inflammatory, and immune-boosting benefits—that work together to support overall health. The name itself hints at its purpose: Fire for the spicy kick that stimulates circulation and wakes up your immune system, and Cider for its nourishing apple cider vinegar base.

Let's take a closer look at each ingredient in Fire Cider and some simple recipes with each component.

The Base of Fire Cider: Vinegar & Honey

Apple Cider Vinegar

Apple cider vinegar (ACV), the foundation of Fire Cider, is far more than just a tangy kitchen staple—it's a powerhouse for wellness. Made from naturally fermented apples, ACV is packed with acetic acid, probiotics, and enzymes, all working together to nourish the body and promote vitality. Its antimicrobial properties help combat harmful bacteria in the gut and body, making it an ally for digestive health. ACV is also an excellent supporter of balanced stomach acidity, fostering a healthy microbiome that keeps digestion running smoothly. Additionally, its detoxifying properties support the liver and kidneys, helping to flush out toxins and refresh the body naturally.



Wild Blueberry Shrub

A shrub is a delicious, tangy beverage concentrate made with fruit, vinegar, and a touch of sweetener—perfect for cooling drinks or boosting digestion. It's a natural "electrolyte" that provides much needed rehydration on a hot, summer day or when battling "hot" conditions. This version uses wild blueberries, which are rich in antioxidants. You can substitute any frozen berry in this recipe – consider elderberry or goji for an immune boost!

What You'll Need:

- 1 cup frozen wild blueberries
- 1 cup apple cider vinegar
- $\frac{3}{4}$ cup honey or maple syrup
- fine sieve, strainer, or cheesecloth
- glass jar (that can be sealed)



Instructions:

1. In a jar, combine the blueberries and apple cider vinegar. Gently mash the blueberries with a spoon to release their juices.
2. Seal the jar and let it sit at room temperature for 24-48 hours, shaking occasionally to mix.
3. Strain the mixture through a fine sieve, strainer, or cheesecloth – discarding the solids.
4. Stir in the honey (or maple syrup) until well combined.
5. Store the shrub in the refrigerator.

How to Use It: Mix 1-2 tablespoons of the concentrate with sparkling or still water for a vibrant, refreshing drink.



Raw Honey

Honey isn't just a sweetener—it's a medicinal treasure, adding both flavor and powerful health benefits to Fire Cider. Known for its antibacterial, anti-inflammatory, and soothing properties, honey has been used in traditional medicine for centuries. It's a natural humectant, which means it helps retain moisture, making it a go-to remedy for sore throats, coughs, and dry airways. In Fire Cider, honey brings balance to the fiery heat of ingredients like garlic, ginger, and cayenne while also acting as a preservative. It works synergistically with apple cider vinegar to boost immunity, soothe digestion, and fight off infections. Whether you're battling a cold or just need a daily pick-me-up, honey's gentle sweetness is truly nature's medicine.



Simple Thyme Syrup

This simple thyme syrup is soothing, aromatic, and perfect for calming coughs or boosting immunity during cold and flu season. Honey adds its soothing qualities, while thyme lends its natural antimicrobial and expectorant properties to clear congestion. This recipe works well with other aromatic herbs like rosemary and sage.



What You'll Need:

- 1 cup water
- ½ cup fresh thyme (or ¼ cup dried thyme)
- 1 cup raw honey
- small saucepan
- glass jar (that can be sealed)

Instructions:

1. In a small saucepan, combine the water and thyme. Bring to a gentle simmer over low heat.
2. Allow the thyme to infuse for 10–15 minutes, keeping the heat low to preserve its medicinal qualities.
3. Strain the thyme-infused water into a clean bowl or jar.
4. While the liquid is still warm (but not boiling), stir in the raw honey until fully dissolved.
5. Transfer the syrup to a glass jar and store it in the refrigerator for up to a month.



How to Use It: Take 1–2 teaspoons of thyme syrup straight for a soothing throat and cough remedy, mix it into warm tea, or drizzle it over yogurt for a treat!

Thyme Oxymel

An oxymel is a traditional herbal preparation that combines vinegar and honey to extract the medicinal benefits of herbs—perfect for soothing coughs, boosting immunity, or simply enjoying as a flavorful tonic. Like with the syrup, this simple recipe works well with aromatic herbs like rosemary and sage.

What You'll Need:

- 1 cup fresh thyme (or ½ cup dried thyme)
- 1 cup apple cider vinegar
- 1 cup raw honey
- glass jar (that can be sealed)



Instructions:

1. Add the thyme to a clean glass jar. Pour in the apple cider vinegar, ensuring the thyme is fully submerged.
2. Stir in the raw honey until well combined.
3. Seal the jar and let it infuse for 2–4 weeks.
4. Strain the mixture into a clean bottle, discarding the thyme.

How to Use It: Take 1 tablespoon directly for a cough or sore throat or dilute it in warm water as a soothing drink.

Super-Star Core Ingredients

Onion

Onions (*Allium cepa*) are more than just a kitchen staple—they're packed with antioxidants, vitamins, and sulfur compounds that keep illness at bay. Known for their natural antimicrobial and antiviral properties, onions are a reliable frontline defense during cold and flu season, helping to fight infections and boost your immune system. They're also rich in quercetin, a flavonoid with potent anti-inflammatory benefits that can soothe respiratory issues, reduce inflammation, and even help with allergy symptoms.



Simple Onion Syrup (no heat)

This soothing syrup is perfect for calming coughs and chest congestion.

What You'll Need:

- 1 large onion
- 3 tablespoons of honey (or sugar for vegan option)
- glass jar (that can be sealed)

Instructions:

1. Chop the onion into slices, layer them in a jar with honey, and let it sit for 6–12 hours.
2. The honey will draw out the onion's juices, creating a sweet and medicinal syrup.



How to Use It: Take 1 teaspoon every few hours to ease coughs.

Simple Onion Syrup

A tried-and-true remedy for coughs and colds, this sweet onion syrup is easy to make and surprisingly effective. It soothes the throat and helps with congestion.



What You'll Need:

- 1 large onion (any kind, but yellow or red works best)
- 1 cup of honey (or sugar if you prefer)
- a small saucepan
- glass jar

Instructions:

1. Peel and slice the onion into thin rounds. Don't worry about making them perfect—just aim for slices that will cook evenly.
2. Place the onion slices in a small saucepan and pour the honey (or sugar) over them, ensuring the onion is well-coated.
3. Set the pan over low heat. Let the mixture gently simmer for about 25–30 minutes. Stir occasionally to help the onion release its juices and mix with the honey.
4. Once the onion has softened and the syrup looks thick and golden, remove it from the heat.
5. Strain the syrup into a clean jar or container.

How to Use It: Take a spoonful of this soothing syrup every few hours to calm a cough or ease throat irritation. Store it in the refrigerator.

Onion Tea for Head Colds

When you're feeling stuffed up or battling a head cold, this onion tea works wonders. It's simple, warming, and surprisingly comforting.

What You'll Need:

- 1 large onion
- 3 cups of water
- optional: 1–2 sprigs of thyme (or 1 tablespoon dried thyme)
- optional: Honey
- small pot



Instructions:

1. Chop the onion into quarters (no need to peel.)
2. Add the onion to a small pot with 3 cups of water. Bring it to a boil.
3. Once boiling, reduce the heat to low and let it simmer for about 10–15 minutes. You'll notice the water turning a pale golden color. That's all the onion's good stuff infusing into the tea!
4. Optional: Add 1–2 sprigs of thyme (or 1 tablespoon dried thyme.)
5. Remove the pot from the heat and strain the liquid into a mug, discarding the onion pieces.
6. Optional: Stir in a bit of honey to add sweetness or extra soothing properties.

How to Use It: Sip this tea slowly while it's warm. It'll help relieve sinus congestion, clear your head, and warm you up from the inside. You can drink it 2–3 times a day until you feel better.

Onion Socks



This time-tested folk remedy has been used for ages to help reduce fevers and support the body's natural detoxification processes. Onions contain sulfur compounds and antioxidants, which are believed to draw out toxins through the skin, improve circulation, and promote relaxation.

What You'll Need:

- 1 onion (yellow, white, or red), sliced into thin, round pieces
- a pair of clean cotton socks

Instructions:

1. Take a fresh onion and slice it into thin, flat rounds.
2. Place the onion slices directly on the soles of your feet. Cover the entire bottom of your foot if possible.
3. Pull on a clean pair of cotton socks to hold the onion slices in place.
4. Leave the socks on overnight while you sleep.

In the morning, remove the onions and wash your feet.



Onion Chest Poultice

This folk remedy is trusted to help reduce fevers and support the body's natural detoxification processes. Onions contain sulfur compounds and antioxidants, which are believed to draw out toxins through the skin, improve circulation, and promote relaxation.

What You'll Need:

- 1-2 large onions, finely chopped
- a clean cloth or thin towel
- warm water or a bit of olive oil (optional)
- saucepan



Instructions:

1. Chop 1-2 large onions finely and warm them slightly, either in a pan or by soaking in warm water. If using olive oil, you can mix it with the onions for extra skin-soothing properties.
2. Spread the warm onions evenly onto a clean cloth or thin towel.
3. Place the poultice onto your chest, ensuring it covers your lung area.
4. Lay a second towel or cloth over the poultice to hold it in place.
5. Leave it on for 20-30 minutes. If it feels comfortable, you can extend the time or repeat the process twice a day.



Onion for Ear Infections

Onions are naturally packed with antimicrobial compounds, making them a great ally in fighting ear infections. The warmth from the onion helps relieve ear pain, while the onion's juice can work to naturally reduce infection and inflammation. This simple remedy can bring comfort and relief, especially when used at the first sign of discomfort.

What You'll Need:

- 1 onion (any type will do)
- 2 clean cloths



Instructions:

1. Start by baking or steaming the onion until it becomes soft.
2. Once the onion is soft, cut it in half.
3. Wrap each half of the warm onion in a cloth or towel (make sure it's not too hot).
4. Hold the wrapped onion against each ear for about 10-15 minutes.
5. Enjoy the soothing warmth and let the onion do its work!



Garlic

Garlic (*Allium sativum*) has been a medicinal superstar for centuries, and for good reason! Its powerful sulfur-rich compound, allicin, is where garlic gets its impressive healing powers. Garlic acts as a natural antimicrobial, helping to fight off bacteria, viruses, and fungi—perfect for warding off colds, flu, and other infections. Beyond its infection-fighting abilities, garlic is also an immune booster, stimulating your immune cells to tackle illness before it takes hold. And let's not forget heart health—garlic helps improve circulation, lower blood pressure, and even reduce cholesterol levels, making it a heart-friendly food as well as a medicinal powerhouse.

Garlic Socks

Garlic socks, like onion socks, are an old-fashioned yet effective remedy for reducing fevers and boosting immunity, especially for children and those feeling under the weather. Garlic's antimicrobial properties can help fight infections and applying it to the soles of the feet allows its benefits to absorb into the body while also gently drawing out heat.

What You'll Need:

- 2-4 garlic cloves, peeled and finely minced
- olive oil (about 1 tablespoon)
- a pair of clean cotton socks
- a pair of wool socks



Instructions:

1. Mince the garlic as finely as possible (or mash) and mix with enough olive oil to form a paste.
2. Spread a thin layer of the minced garlic onto the soles of your feet. The olive oil reduces irritation if your skin is sensitive.
3. Put on the clean cotton socks to hold the garlic in place, then layer the wool socks on top to keep your feet warm.

Rest for 30 minutes to an hour while wearing the garlic socks.



Garlic Chest Poultice

This garlic chest poultice is a tried-and-true remedy for clearing chest congestion and soothing respiratory discomfort during colds and flu. Garlic's antimicrobial and anti-inflammatory properties help loosen mucus, fight infection, and improve breathing, making it a natural choice for respiratory relief.

What You'll Need:

- 3-4 garlic cloves, peeled
- 1-2 tablespoons olive oil or coconut oil
- a clean cloth or thin towel



Instructions:

1. Crush or mince the garlic cloves to release the allicin. Mix the garlic with the olive or coconut oil to form a paste.
2. Spread the paste onto the clean cloth or towel, then fold it so the garlic doesn't directly touch the skin.
3. Lay the poultice on the chest and cover with another towel or blanket for warmth. Leave it on for 15–20 minutes, checking for any skin sensitivity.
4. Remove the poultice, wipe the chest clean, and rest.



Ginger

Ginger (*Zingiber officinale*) is more than just a kitchen favorite—it's a versatile, warming spice that's been trusted for centuries to soothe and heal. Known for its powerful anti-inflammatory properties, ginger works wonders for alleviating aches, swelling, and pain, making it a go-to remedy for sore muscles and joints. It's also a digestive hero! Whether you're dealing with nausea, bloating, or an unsettled stomach, ginger calms the digestive system and restores balance. On top of that, its warming nature boosts circulation, making it a perfect choice for supporting the immune system and combating cold symptoms.

Fresh Ginger Decoction (Simmered Tea)

This warming decoction is perfect for digestion, immunity, and staying cozy on chilly days. The simmering process draws out the ginger's active compounds, making this drink ideal for easing digestion, warming the body, and soothing sore throats.

What You'll Need:

- 1-2 inches fresh ginger root, sliced
- 4 cups water
- honey or lemon to taste (optional)
- small pot



Instructions:

1. Add the sliced ginger and water to a small pot. Bring to a gentle simmer.
2. Allow the mixture to simmer for 15-20 minutes to extract the ginger's benefits.
3. Strain out the ginger pieces and pour the decoction into a mug. Add honey or a squeeze of lemon, if desired.
4. Sip slowly and enjoy the warming, soothing effects.

Candied Ginger & Ginger Syrup

This recipe gives you two treats in one! Candied ginger is perfect for chills, sore throats, or calming nausea, while the leftover syrup makes a delicious immune booster.

What You'll Need:

- 1 cup fresh ginger root, peeled and thinly sliced
- 2 cups honey
- crockpot (slow cooker)
- dehydrator (optional)
- parchment paper or wire rack
- glass jar for ginger syrup





Instructions:

1. Combine the ginger and honey in a crockpot. Set on "low" for 12–16 hours, or until ginger is soft.
2. Strain the ginger, reserving the honey (this is your ginger syrup).
3. Transfer the ginger slices to a wire rack or parchment paper to cool and dry. Use a dehydrator or the lowest setting on your oven to speed up the drying process.

Fresh Ginger Infused Oil

Ginger oil is soothing for sore muscles and joints while doubling as a warming massage oil. Ginger's anti-inflammatory properties soothe



What You'll Need:

- 1/4 cup fresh ginger root, grated
- 1 cup olive oil or coconut oil
- Small saucepan
- Cheesecloth or fine sieve (strainer)
- Glass jar

Instructions:

1. Combine the grated ginger and oil in a small saucepan. Warm over very low heat for 1–2 hours (do not let it boil).
2. Strain the oil through cheesecloth or a fine sieve into a clean jar. After a day, syphon off the oil on top and rebottle, and discard any water at the bottom of the original jar to prevent spoilage.
3. Store in a cool, dark place for up to one month.

How to Use It: Massage into sore muscles, joints, or even your belly to calm digestive discomfort.

Ginger Bath Salt Soak

This ginger bath soak is perfect for relaxing sore muscles, boosting circulation, and relieving chills. The ginger stimulates circulation and warms the body, while Epsom salts relax sore muscles and ease tension—perfect for unwinding after a long day.



What You'll Need:

- 1 cup Epsom salts
- 2 tablespoons ground ginger (or 3 tablespoons fresh ginger juice)
- Bowl or glass jar

Instructions:

1. Mix the Epsom salts with ground ginger or fresh ginger juice in a bowl.
2. Sprinkle the mixture into a warm bath, stir to dissolve, and soak for 20–30 minutes.



Horseradish

Horseradish root (*Armoracia rusticana*) is a true powerhouse when it comes to clearing sinuses and boosting overall health. If you've ever taken a bite of fresh horseradish, you've likely felt its sinus-clearing magic almost instantly! As a natural decongestant, horseradish works wonders for clearing out mucus and opening clogged sinuses, making it a go-to during colds, allergies, or when you're feeling stuffy. Beyond its clearing power, horseradish has antimicrobial compounds that fight bacteria and strengthen your immune system, helping you stay resilient against infections. It's also a fantastic digestive aid, stimulating the liver to detoxify your system and revving up sluggish digestion.

Fresh Horseradish Decoction

This decoction is perfect for tackling sinus congestion and boosting digestion with a little spicy kick!

What You'll Need:

- 2 tablespoons freshly grated horseradish root
- 4 cups water
- Honey or lemon to taste (optional)
- Small pot

Instructions:

1. Add the grated horseradish and water to a small pot. Bring to a gentle simmer over low heat.
2. Allow the mixture to simmer for 10–15 minutes to extract the horseradish's powerful compounds.
3. Remove from heat, strain out the horseradish, and pour the decoction into a mug.
4. Add a spoonful of honey or a squeeze of lemon if desired, and sip slowly for sinus-clearing relief!



Simple Horseradish Relish Recipe

The powerful compounds in horseradish help clear mucus, stimulate digestion, and provide an immune boost—all in one bold bite! Take ½ to 1 teaspoon to clear sinuses, boost digestion, or add a spicy kick to meals like sandwiches, roasted meats, or salads.

What You'll Need:

- 1 cup fresh horseradish root, peeled and finely grated
- 2–3 tablespoons apple cider vinegar
- 1 teaspoon salt
- 1–2 teaspoons water (optional, for desired consistency)
- Fine grater or food processor
- Glass jar

Instructions:

1. Grate the horseradish root using a fine grater or food processor (be prepared for its strong aroma!)
2. Place the grated horseradish in a small bowl or jar.
3. Add apple cider vinegar and salt, stirring to combine. If the mixture is too thick, add 1–2 teaspoons of water.
4. Store in a clean glass jar in the refrigerator for up to 3–4 weeks.



Mustard Seeds

Horseradish can be difficult to find in some areas. Mustard seeds (*Brassica species*) may be tiny, but they pack a powerful punch and can be a good substitute for horseradish. Known for their warming properties, mustard seeds stimulate circulation, helping to get blood flowing and warming up the body from the inside out—perfect for those chilly days or when you're feeling under the weather. These little seeds are also naturally anti-inflammatory, making them helpful for easing muscle aches, joint discomfort, and general soreness. On top of that, mustard supports the respiratory system by loosening stubborn mucus, soothing the lungs, and relieving chest congestion during colds or flu.

Mustard-Epsom Soak

A mustard seed soak (bath or foot bath) is an excellent remedy for sore muscles, joint pain, and chills. It warms the body and boosts circulation, leaving you feeling relaxed and refreshed. The mustard stimulates circulation and soothes inflammation, while Epsom salts ease muscle tension and promote detoxification—making this the perfect remedy for sore, tired bodies.

What You'll Need:

- ¼ cup mustard seeds (whole or ground)
- 1 cup Epsom salts
- bowl



Instructions:

1. If using whole mustard seeds, grind them into a fine powder using a coffee grinder or mortar and pestle.
2. Mix the mustard powder with the Epsom salts in a bowl.
3. Pour the mixture into a warm bath and stir to dissolve.
4. Soak for 20–30 minutes, allowing the mustard's warming properties to relax your body and clear your head.



Mustard Poultice for Chest Congestion

This mustard poultice is a time-honored remedy for breaking up chest congestion and relieving respiratory discomfort during colds or flu. Mustard's warming and decongestant properties help break up mucus and improve circulation to the chest area, making it easier to breathe and recover.

What You'll Need:

- 2 tablespoons ground mustard seeds (or mustard powder)
- ¼ cup flour or cornmeal (to reduce skin irritation)
- Warm water (enough to form a paste)
- A clean cloth or thin towel
- Small bowl

Instructions:

1. In a small bowl, mix the ground mustard seeds and flour. Slowly add warm water, stirring until you have a thick, spreadable paste.
2. Spread the paste evenly onto the clean cloth or towel. Fold it so the paste doesn't directly touch the skin.
3. Place the poultice on the chest, covering it with another towel or blanket to keep the heat in.
4. Leave it on for 10–15 minutes, checking often to avoid irritation. Remove immediately if the skin feels uncomfortable.
5. Wipe the chest clean and rest.





Turmeric

Turmeric (*Curcuma longa*) is a powerhouse spice known for its anti-inflammatory and antioxidant properties, and when added to Fire Cider, it takes this traditional tonic to the next level. Turmeric adds a warm, earthy flavor while supporting your immune system and reducing inflammation. It's a perfect addition for boosting overall health and fighting off colds, flu, and even seasonal allergies. The active compound in turmeric, curcumin, has been studied for its ability to reduce inflammation, fight infections, and support digestion. When combined with the other ingredients in fire cider, it works synergistically to provide an extra punch of health benefits!



Spiced Turmeric Electuary

An electuary is a simple, traditional remedy that's as sweet as it is effective! It's essentially a thick paste made by mixing powdered herbs or spices with honey (or sometimes other sweet bases like maple syrup). You can eat it straight off a spoon, let it melt in your mouth, or stir it into warm drinks. Electuaries are especially great for treating sore throats, boosting immunity, or soothing coughs and congestion.

This is a warming, flavorful remedy to fight congestion and soothe your throat! Turmeric and ginger reduce inflammation and ease congestion. Cardamom and clove calm irritated throats and support respiratory health. Honey coats your throat, suppresses coughing, and fights bacteria while black pepper improves the bioavailability of curcumin, turmeric's active compound, as well as all the ingredients.

What You'll Need:

- ½ cup honey
- 1 tablespoon turmeric powder
- 1 tablespoon ginger powder
- ½ teaspoon cardamom powder (add more ginger if you don't have cardamom)
- ½ teaspoon black pepper powder
- 1/4 teaspoon clove powder (substitute cinnamon if you don't have clove)
- glass jar



Instructions:

1. In a clean bowl, combine all the ingredients and mix thoroughly until you have a smooth paste.
2. Transfer the mixture into a clean jar with a lid, and store it in a cool, dry place.

How to Use It: When you're feeling under the weather, scoop out 1 teaspoon to 1 tablespoon of this decongestant honey mixture and take it straight or stir it into 1 cup of warm (not boiling!) water for an instant tea. Sip slowly to let the soothing ingredients work!



Golden Milk for Bedtime Relief

Turmeric's anti-inflammatory properties combined with the warmth of the milk work wonders for congestion and muscle aches.

What You'll Need:

- 1 cup of milk (dairy or plant-based, like coconut or oat milk)
- 1/2 teaspoon of turmeric powder
- 1/4 teaspoon of ground cinnamon
- a pinch of black pepper
- ¼ teaspoon nutmeg
- ¼ teaspoon cardamom
- 1 teaspoon of honey or maple syrup
- saucepan



Instructions:

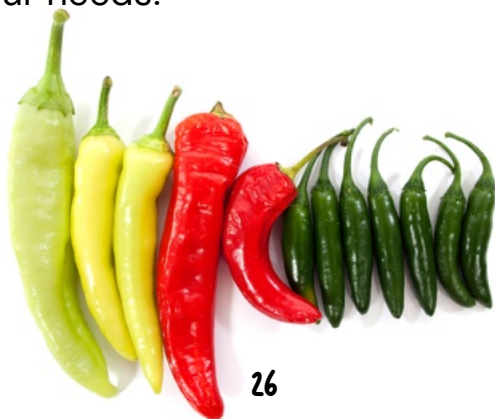
1. Warm the milk in a saucepan over medium heat (do not boil).
2. Stir in the turmeric, cinnamon, nutmeg, cardamom, and black pepper.
3. Whisk the mixture continuously until all ingredients are fully blended and the milk is steaming.
4. Remove from heat and let it cool slightly. Stir in honey or maple syrup for sweetness.
5. Pour into your favorite mug and enjoy!

How to Use It: Sip on golden milk before bedtime to promote restful sleep and help your body fight cold and flu symptoms.



Cayenne

Cayenne pepper (*Capsicum annuum*) brings the heat, and its fiery kick comes from capsaicin, the active compound responsible for its spicy magic. Not only does cayenne add a bold flavor, but it also provides incredible benefits for your body. Need a pick-me-up? Cayenne stimulates your metabolism, energizing your body and keeping things moving. It's also a natural pain reliever—capsaicin works by desensitizing nerve endings, which can help dull aches and discomfort. And when you're feeling stuffed up, cayenne comes to the rescue by clearing out nasal congestion and opening up those airways, making it easier to breathe during a cold or flu. Whether you like it milder like jalapeños or extra spicy with habaneros, you can adjust the heat level to suit your needs!



Quick Cayenne-Infused Oil

This versatile oil is perfect for topical pain relief. Capsaicin in cayenne stimulates circulation and reduces inflammation, making it excellent for soothing aches and pains naturally. This recipe uses no heat and can be made in minutes!

What You'll Need:

- ¼ teaspoon cayenne pepper powder (adjust to your preferred heat level)
- 1 cup carrier oil (olive oil, coconut oil, or sweet almond oil)
- small saucepan
- glass jar

Instructions:

1. Warm the carrier oil on the stove and transfer into a clean, dry glass jar.
2. Add cayenne powder (start with ¼ teaspoon and increase, if necessary)
3. Stir well to mix.
4. Seal the jar and store the infused oil in a clean glass jar or bottle.

How to Use It: Apply a small amount to sore muscles or joints for relief, but test on a small patch of skin first, as cayenne can be quite warming! Make sure to wash hands after – especially before rubbing your eyes!



“Flu Bomb”

This powerful remedy combines cayenne’s clearing heat with other immune-boosting ingredients to kick cold and flu symptoms to the curb. The cayenne helps clear nasal congestion and supports circulation, while garlic and ginger fight off infection, and lemon and honey soothe the throat and boost immunity.

What You’ll Need:

- juice of 1 lemon
- 1 teaspoon raw honey
- ¼ teaspoon cayenne pepper (or adjust to taste)
- 1 clove garlic, minced
- 1 small piece of ginger root, grated
- 1 cup warm water



Instructions:

1. In a mug, combine the lemon juice, raw honey, cayenne pepper, minced garlic, and grated ginger.
2. Add warm water and stir well to mix everything together.
3. Sip slowly and feel the warming, clearing effects!



Lemon

Lemons (*Citrus limon*) bring a burst of brightness to Fire Cider, but did you know their peels are just as powerful as their juicy insides? Often overlooked, lemon peel is a goldmine of essential oils, vitamin C, and antioxidants that work wonders for your health. Packed with immune-boosting vitamin C, lemons help strengthen your body's natural defenses and reduces stress on the immune system, especially when you're under the weather. The natural antimicrobial properties in lemon peel make it excellent for fighting off infections and giving your system a gentle cleanse.

Lemon Peel and Honey Tea

This soothing tonic is packed with vitamin C from the lemon peel and the natural antimicrobial benefits of honey to fight off colds and support your immune system. The vitamin C and essential oils from the lemon peel boost your immune system, while honey soothes your throat and fights off germs. It's a simple, cozy remedy that feels like a hug in a mug!



What You'll Need:

- 1 organic lemon (peel and juice)
- 1 tablespoon raw honey
- 1 cup warm water
- Fine grater (to zest) or knife

Instructions:

1. Wash the lemon well, then zest or thinly slice the peel. Squeeze the juice into a mug.
2. Add the lemon peel to the mug, pour in warm (not boiling) water, and let it steep for 5–10 minutes.
3. Stir in the raw honey and sip slowly while warm.



Lemon Steam Inhalation

This easy lemon steam helps clear nasal congestion, open airways, and ease breathing during a cold or flu. Lemon peel's natural essential oils are antimicrobial and help clear mucus, while the warm steam hydrates nasal passages and opens up your sinuses.

What You'll Need:

- 1 organic lemon (peel and slices)
- 4–6 cups boiling water
- large bowl
- towel or thin blanket

Instructions:

1. Slice the lemon and peel it, then add both the peel and slices to a large bowl.
2. Carefully pour boiling water over the lemon to release its essential oils.
3. Lean over the bowl with a towel draped over your head to trap the steam.
4. Breathe deeply for 5–10 minutes, allowing the steam to loosen congestion.





Fire Cider Aromatic Trio: Thyme, Rosemary, and Sage

Fire Cider is a zesty, immune-boosting tonic that's even more powerful when infused with aromatic herbs like thyme, rosemary, and sage. Many recipes include one of these aromatic herbs. These herbs don't just add delicious flavor—they bring incredible medicinal benefits, especially for fighting off colds and flu. Let's take a closer look at what they do:

Thyme:

A small herb with mighty benefits! Thyme (*Thymus vulgaris*) is a natural expectorant, meaning it helps clear out mucus and phlegm from your lungs and sinuses. It's also antimicrobial, so it tackles bacteria and viruses directly, and it's packed with antioxidants to support your immune system.

Rosemary:

Rosemary (*Rosmarinus off.*) is like a breath of fresh air for your respiratory system. Its fragrant oils help open up stuffy sinuses and promote better breathing. It also has anti-inflammatory properties to soothe sore throats and reduce congestion, while its antioxidants work to protect your cells from damage.

Sage:

Known as the "throat soother," sage (*Salvia off.*) is excellent for calming inflamed tissues, making it a go-to for sore throats and coughs. It's also antibacterial and antiviral, helping to fight infections, and its warm, earthy flavor is incredibly comforting during cold and flu season.

Steam Inhalation for Congestion Relief

Aromatic herbs work wonders when you inhale their therapeutic oils. You can use all three or only one (just increase the amount!)

What You'll Need:

- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 4 cups boiling water

Instructions:

1. Add the dried herbs to a large bowl.
2. Pour boiling water over the herbs and let them steep for 2–3 minutes.
3. Lean over the bowl, cover your head with a towel, and inhale deeply. Be careful not to get too close to avoid burns!

How to Use It: Use this steam inhalation for 5–10 minutes to help clear your sinuses, ease congestion, and reduce coughing. The essential oils released by the herbs are both calming and powerfully antimicrobial.



Plague Spice Cabinet Tea

This tea is like a superhero in a jar! Packed with immune-boosting, antimicrobial, and respiratory-supporting herbs and spices, it's perfect for tackling colds, flu, or any lingering congestion. It's warming, fragrant, and just the comforting remedy you need when you're under the weather. When all you have is your cabinet of spices, you can make a wonderful home remedy!

What You'll Need (for 1 quart):

- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 2 teaspoons dried sage
- 1 teaspoon dried oregano
- 1 teaspoon grated ginger or
1/2 teaspoon dried ginger
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cinnamon
- A pinch of black pepper
- 4 cups water
- Honey or lemon (optional)
- 1 quart glass jar



Instructions:

1. Add all the herbs and spices to your quart jar.
2. Pour hot water over the herbs, cover the jar and allow the herbs to seep for 10–15 minutes to extract the medicinal properties.
3. Strain the tea, discarding the herbs and spices.
4. Sweeten with honey or add a squeeze of lemon, if desired.

How to Use It: Sip this tea throughout the day, especially when dealing with respiratory symptoms like congestion, coughs, or sore throats. It's also perfect as a preventative during flu season to give your immune system a head start!



Why Fire Cider Works

When all these ingredients are steeped in raw apple cider vinegar, their medicinal properties are drawn out, creating a potent infusion. The result is a tonic that:

- Wakes up the immune system to fight off colds and flu.
- Clears congestion and supports respiratory health.
- Boosts circulation, warming up the body and keeping blood flowing freely.
- Stimulates digestion for a happy, healthy gut.
- Combats inflammation, keeping your body feeling vibrant and pain-free.

How to Use Fire Cider

The beauty of Fire Cider lies in its versatility. You can:

- Take 1-2 tablespoons daily as an immune-boosting tonic.
- Sip it at the onset of illness to help shorten symptoms.
- Add it to salad dressings, marinades, or even soups for a fiery kick.
- Stir it into warm water or tea for a soothing elixir on chilly days.

Fire Cider Recipes

Here are a few Fire Cider recipes that include the classic version and a couple of creative variations– the possibilities are endless! For these recipes, a quart-sized jar (32 ounces) is ideal. This size comfortably fits the ingredients while leaving enough room for the apple cider vinegar to fully cover the solids and for shaking the jar during the steeping process. If you want to make smaller batches or experiment with multiple variations, you can halve the ingredients and use a pint-sized jar (16 ounces) instead. Just make sure the vinegar completely covers the ingredients to prevent spoilage!



Classic Fire Cider

This recipe follows the traditional blend created by Rosemary Gladstar.

Ingredients:

- 1 medium onion, chopped
- 10 cloves garlic, crushed
- 1 piece ginger root (3–4 inches), grated
- 1 piece horseradish root (2–3 inches), grated
- 2 fresh cayenne peppers, sliced (or 1 tsp cayenne powder)
- 1 lemon, sliced (with peel)
- 1 tbsp turmeric powder or fresh turmeric root (optional)
- 1–2 sprigs fresh rosemary or thyme (optional)
- Raw apple cider vinegar (enough to cover ingredients)
- Honey (to taste, after straining)
- 1 quart glass jar with non-metallic lid (or plastic wrap)

Instructions:

1. Add all ingredients to a clean glass jar.
2. Cover with raw apple cider vinegar until ingredients are fully submerged.
3. Seal with a non-metallic lid or plastic wrap (vinegar reacts with metal).
4. Let the mixture steep for 3–4 weeks in a cool, dark place.
5. Strain, add honey to taste, and store in a sealed jar in the refrigerator.





Smoky Chipotle Fire Cider

Ingredients:

- 1/2 cup fresh grated ginger
- 1/2 cup fresh grated horseradish
- 1 medium onion, chopped
- 8 cloves garlic, smashed
- 1-2 dried chipotle peppers, crushed
- Zest and juice of 1 lime
- 1 tablespoon smoked paprika
- 2 tablespoons fresh thyme leaves
- Raw apple cider vinegar (enough to cover ingredients)
- Honey, to taste
- 1 quart glass jar with non-metallic lid (or plastic wrap)

Instructions: Follow the same steps as the Classic Fire Cider recipe. The smoky chipotle adds a warm, earthy twist that pairs perfectly with lime and thyme.



Berry and Spice Fire Cider

Ingredients:

- 1/2 cup chopped onion
- 1/4 cup grated horseradish root
- 1/4 cup chopped garlic
- 1/4 cup dried elderberries (or cranberries)
- 2 cinnamon sticks
- 4–5 whole cloves
- 1/4 teaspoon cayenne pepper
- 1/4 cup grated ginger root
- Raw, unfiltered apple cider vinegar
- 1 quart glass jar with non-metallic lid (or plastic wrap)

Instructions:

Follow the same steps as the Classic Fire Cider recipe. The berries add a touch of natural sweetness and extra immune support, while the spices make this variation cozy and aromatic.