



AYURVEDIC REMEDIES FOR COLD CARE





Our Kitchen As Our Medicine Cabinet

Spices and herbs have been used in Ayurveda for thousands of years in the treatment of colds and flu. Our ancestors may not have known exactly why various spice and herb driven remedies worked, but modern science has helped us to understand that it is their antibiotic, antioxidant and anti-inflammatory properties that brings us relief.

Treating a cold can be as simple as a walk into the kitchen and the best thing is, you don't have to be a master herbalist or culinary expert to create kitchen based remedies. If you can boil water and use a measuring spoon, you're good to go.

So, whether its congestion, cough, runny nose or basic immunity building your looking to treat, we've got you covered with four easy to make recipes using spices and ingredients common to even the most basic kitchen. So strap on your apron and get ready to whip up some relief.



IMMUNITY BOOSTING TEA

Make and take this tea at the first signs of cold or flu. Great way to make yourself unattractive to viral and bacterial visitors, and maybe a few vampires too!



Ingredients

12 cups of water

2 inch piece of fresh ginger

4-6 garlic cloves

Juice of 1 lemon

1 tsp cayenne pepper
(optional)

Raw honey to taste

Directions

- 1 In a medium saucepan, bring the water to a boil.
- 2 Wash and thinly slice ginger root and add to boiling water. Turn heat to medium-low and cook for 10 minutes.
- 3 Mince the garlic and add to saucepan, cook and additional 5 minutes. Remove from heat.
- 4 Add the lemon juice, cayenne pepper, if using.
- 5 Let tea cool a bit before adding raw honey to taste. Sip throughout the day.



THROAT SOOTHER TEA

This tea soothes, reduces inflammation and promotes healing of the mucous membranes.

Ingredients

1 quart of water

1 tbsp of dried licorice root or 2 tsp of licorice powder

1 tsp of fresh grated ginger

1 tsp ground turmeric

2 tsp raw honey



Directions

- 1 Bring water to boil in a medium sauce pan.
- 2 Add licorice, ginger and turmeric. Cover, reduce heat to simmer for 20 minutes.
- 3 Remove from heat, allow to slightly cool before stirring in honey. Strain through fine sieve into a thermos. Sip as needed.

Note: Licorice is not recommended for those with high blood pressure or those using blood pressure medications. If in doubt consult your health care professional before taking.



MUCUS-BUSTING KANJEE

Heat up and dry excess moisture with a combination of barley, ginger and cumin.
Can be eaten as a light meal or throughout the day if congestion is lingering.



Ingredients

1 cup of barley
10 cups of water
1/4 tsp of salt
1 tsp ground cumin
1 tsp ground turmeric
1 tsp ground ginger
1/2 tsp ground pepper

Directions

- 1 Soak barley overnight and then strain.
- 2 In large pot over low heat, boil the barley, water, salt, cumin, turmeric, ginger, and pepper. Cook partially covered for 1 hour or until the soup appears creamy.
- 3 Stir, then ladle into soup bowls. Hot water can be added if you prefer a more soupy consistency.



CINNAMON COUGH SYRUP

A cough syrup kids (and adults) will love. Take it straight off the spoon or combine with water to make a soothing tea.

Ingredients

2 tbsp ground cinnamon

1 tbsp fresh lemon juice

1/2 cup raw honey

Sterilized glass container



Directions

- 1 Scoop or pour honey into a sterilized container.
- 2 Add lemon juice and cinnamon. Stir until a syrup forms.
- 3 Cover and refrigerate for up to 2 weeks. 1 tsp as needed for cough.

Note: To make the tea version, mix 1 tsp with 6 ounces of warm water.





Learn More About Natural Healing

The science of Ayurveda dates back over 5,000 years qualifying it as one of the oldest forms of holistic medicine in the world. Its goal is to help individuals find health, happiness and longevity, by staying in balance through a natural approach to health and wellness.

My goal at One With Nature Ayurveda is to educate individuals on how to prevent and treat disease with simple approaches to diet and lifestyle. Join me for a personalized consultation where we'll explore the wisdom of Ayurveda, discuss ways to support your health naturally, and create a plan tailored to your wellness goals. Let's work together to bring more balance and vitality into your life!

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