



Homemade Garlic Salve for Coughs, Colds and Fever

INGREDIENTS

- 8 cloves garlic peeled
- 1/3 cup coconut oil
- 10 drops lavender oil used for a soothing and calming scent

INSTRUCTIONS

1. Combine the ingredients together in a food processor or blender.
2. Blend for about 3 minutes, or until it is perfectly smooth whipped butter of sorts. You may need to scrap down the sides of the food processor to get all the garlic completely worked into a paste.
3. Place it in a glass jar.
4. Rub onto the soles of baby's feet. Apply generously. Put socks on to help hold the salve in place. You can also rub on baby's chest.
5. Repeat every 2-3 hours until condition improves.

Put into a small **mason jar** or other **container** and refrigerate (you can use it right away, but refrigerating helps it to set up and keep long-term).

How to use:

- Rub onto the soles of baby's feet. Apply generously. Put socks on to help hold the salve in place.
- Rub on baby's chest.
- Repeat every 2-3 hours until condition improves.

**** If wrapping feet with plastic wrap before placing socks on the baby's feet, **DO NOT LEAVE THE BABY ALONE**. Plastic wrap is a joking hazard and can cause death.