



## SIMPLE GARLIC TEA FOR COUGHS AND COLDS

### INGREDIENTS

- Garlic (minced) – 3-4 cloves
- Water – 1 cup
- Lemon – the juice of 1
- Honey – 1 teaspoon

### INSTRUCTIONS

1. Mince the garlic and bring the water to boil on the stovetop.
2. Once the water is boiling, remove it from the heat and add the minced garlic to the water.
3. Allow the garlic to steep for 10 minutes.
4. Strain off the garlic and add the honey and lemon juice.
5. Stir everything together until the honey is fully melted.
6. Drink right away!

### NOTES

Garlic supplements have been shown to be effective in reducing blood pressure. To maximize these beneficial effects, allow chopped or minced garlic to sit on the counter for 10-15 minutes. This will increase the allicin in the garlic, which is the compound that has been shown to assist in lowering blood pressure.