



Homemade Sinus Blaster (Tincture-Style)

~Nel

Ingredients

- ½ cup fresh horseradish root, grated
 - 6 fresh garlic cloves, crushed
 - 1 tbsp cayenne pepper (or 2 fresh cayenne peppers, chopped)
 - 2 tbsp dried echinacea root (or 3 tbsp fresh, chopped)
 - 2 tbsp dried elderberries (optional but excellent for immunity)
 - 2 tbsp dried licorice root (optional, balances spice)
 - 1 tsp dried peppermint leaves OR 3 drops peppermint essential oil
 - Vodka (80–100 proof) or other neutral alcohol (to cover herbs completely)
 - Honey (to taste, after straining)
 - Can also steep in homemade ginger tea.
-

Other Ingredients:

Fresh Horseradish Root

- Echinacea angustifolia Root
- Spilanthes Herb
- Elderberry
- Garlic Bulb
- Cayenne Fruit
- Olive Leaf
- Horehound Herb
- Licorice Root
- Goldenseal Root
- Wild Cherry Bark
- Osha Root

- Andrographis Herb
- Onion
- Yarrow Herb
- Peppermint Oil

Equipment

- Quart-size glass jar with lid
 - Cheesecloth or fine strainer
 - Amber glass dropper bottles for storage
-

Directions

1. Prep herbs: Chop or grate fresh garlic and horseradish. Measure out dried herbs.
 2. Fill jar halfway with the herbs.
 3. Pour alcohol over until herbs are completely submerged, leaving 1–2 inches at the top.
 4. Seal and shake. Store in a cool, dark place for 3–4 weeks, shaking daily.
 5. Strain through cheesecloth, squeezing out all liquid.
 6. Add honey to taste (optional, about 1–2 tbsp).
 7. Bottle in amber glass dropper bottles.
-

Usage

- Take 10–15 drops in water or juice, up to 3x daily when congested.
 - For extra relief, you can also add a few drops to a bowl of hot water and use as a steam inhalation (never use directly in the nose).
-
- Very spicy and strong—start small.
 - Avoid if you have ulcers, reflux, or are sensitive to spicy/garlic-heavy remedies.
 - Not for children, pregnancy, or while nursing without professional guidance.