

Fight the Flu IN THE KITCHEN



In winter, it's hard to get through it without a sniffle, sore throat, cold or flu...so here are a few natural tips from the kitchen...

TO HELP CLEAR MUCUS FROM THE THROAT

Mix a pinch of turmeric and pinch of salt in a cup of warm water and gargle.

TO SOOTHE A SORE THROAT

Chew liquorice root or lick a spoon of honey.

FOR A DRY THROAT

Especially good when you have a lot of speaking to do, suck on some cardamom seeds.

FOR DRY CONGESTED SINUSES

Rinse the nostrils with warm salty water.