



Hot Toddy Recipe

You need: (a pinch of each)

- Ginger
- Cinnamon
- Mustard (Optional)
- Cayenne pepper (Optional)
- Turmeric
- A fresh Garlic clove
- A little lemon juice (Optional)
- Some raw honey (Optional)

Method:

- Mix together ginger, cinnamon, turmeric and garlic
- Add mustard powder and cayenne pepper
- Mix together with lemon juice
- Add raw honey to taste

It makes for a delightful spicy drink.

You might even add a tot of brandy

Add a pinch of sage and thyme if the mucous is yellow or green. Drink this regularly until you feel better.

Created by Dr Arien

