



PARAY MISSION HOSPITAL AND SCHOOL OF NURSING
Physiotherapy Departement

Garlic - ginger syrup, cough mixture

A simple and effective natural remedy against coughing and soar throat.

Take:

- 1 cup of boiled water
- 1 cup of lemon juice
- 1 cup of honey

Mix together with

- 3 crushed pieces of garlic and
- 1 tablespoon of ginger powder (or use fresh ginger (1 inch, pounded)).

Mix all well together and fill it into a glass container which closes well. Store in the fridge or in a cool place in the shadow. You can use it for at least 3 weeks.

Adults: take 3 tablespoons a day

Children: take 3 teaspoon a day without the sediment on the ground of the glass.