



Traditional cold and flu remedies

Fire cider tonic

Rosemary Gladstar developed Fire Cider at the Californian School of Herbal Studies in the 1980s to encourage people to create medicinal remedies in their own kitchens. The original formula has become a hugely popular and invigorating concoction that is pungent, fiery, sweet and sour, as well as being a powerful immune enhancer.

It contains garlic, onions, horseradish root, ginger root, chilli peppers, sometimes turmeric, and often the herb echinacea; all are powerful foods that fight infections, colds, flus, and bronchial congestion. The below recipe is an adaptation created by Martha Stewart. Remember it takes a month to infuse so get it ready before the cold weather hits.

This recipe can be adjusted to suit tastes. Add turmeric for additional anti-inflammatory power, echinacea (a herb) to ward off colds, more horseradish for clear sinuses and extra honey can be added if it's too sour.

During winter, a tablespoon or two a day helps keep the immune system healthy and wards off infections.

If you succumb to a cold take half a shot two or three times a day

Ingredients

- ½ cup peeled, grated or diced fresh horseradish root
- ½ cup thinly sliced fresh ginger root
- ½ large onion, cut into pieces
- ½ large orange do NOT peel. Cut into pieces
- 1 lemon do NOT peel. Cut into 2cm pieces
- 1 head of garlic, cloves peeled and smashed
- 2 small jalapeno chillis – halved lengthwise
- 3 sprigs rosemary
- 1 tsp whole black peppercorns
- 2 cinnamon sticks
- 1 tablespoon ground turmeric
- Add 2-3 cups of raw apple cider vinegar until all ingredients are submerged
- 1/3-1/2 cup raw honey to taste

Instructions

Place all ingredients (ginger and horseradish first) into a 1 litre glass mason jar or glass container with a sealable lid. Add vinegar, ensuring the ingredients are fully submerged and the jar is full. Close the lid. If using a metal lid, place a piece of baking paper between jar and lid to prevent the vinegar reacting with the metal). Store in a cool, dark place, shaking for a few seconds every day or two, for 3 to 6 weeks.

Strain through cheesecloth or a fine-mesh sieve and discard solids. Stir in honey. Store in a sealed container in refrigerator

Use in dressings and heat up for warming drink

Ginger tea

Ginger fights infections in the upper respiratory system.



- 1 tablespoon of freshly grated ginger
- Boiling water
- Squeeze of lemon
- Raw honey

Steep 1 tablespoon of freshly grated ginger in 1 covered cup of boiling water for ten minutes. Add a big squeeze of lemon (and lemon peel if you like it and it's organic). Sweeten with raw honey and drink while still hot. Max four cups/ day.

Garlic and lemon tea

Six garlic cloves
2-3 cups of boiling water
Juice of 1 lemon
2 tsp raw honey

Add six medium cloves of chopped garlic into a mason jar and cover with two- three cups of boiling water. Steep for 15 minutes then add the juice of one lemon and a couple of teaspoons raw honey. (to taste)

Sip over the course of the day or try ½ cup every hour. Max 4 cups/day.



Elderberry tea

Elderberries are a delicious and proven way to support immune function during cold and flu season.

- 2-3 teaspoons of dried elderberries
- Cinnamon stick
- 2-3 ginger slices

Place 2-3 teaspoons of dried elderberries in a small saucepan with optional cinnamon stick and ginger slices. Pour over 1 ¼ cups of water. Simmer for 20 minutes and strain. Sweeten with raw honey to taste.

Garlic oil for earaches

Slice a few pieces of raw garlic and add to a small pan along with a tablespoon of extra virgin olive oil. Heat very gently over a low heat for a minute letting the garlic infuse in the oil. Ensure the oil is not too hot before using. With a pipette or small dropper, add a few drops into the sore ear.

Cough syrup

- ¾ cup raw or manuka honey
- ¼ cup extra virgin olive oil
- 2-4 tablespoons organic lemon juice or apple cider vinegar

Blend ingredients and it's ready to use. Can be served at room temperature or gently warmed. For increased antimicrobial action add six chopped fresh garlic cloves to the honey and infuse overnight before adding the oil and vinegar.

Jo practices at Northern Beaches Health and Fertility, you can book here:
<https://health-and-fertility.cliniko.com/bookings#service>

Jo has an Advanced Diploma in Naturopathy encompassing nutrition, herbal medicine and homeopathy. She has a Bachelor degree in Business but ducked out of a manic lifestyle in corporate IT when she realised her kids & health had to come first. In a nutshell, Jo's aim is to help her clients get better, feel better & to take control of their health.