

# Cough and Cold Remedy

Here's a recipe for a soothing cold and cough remedy using natural, foraged ingredients:

Ingredients:

- 1 cup fresh or dried elderflowers
- 1 tablespoon fresh or dried yarrow leaves
- 1 teaspoon fresh or dried thyme leaves
- 1/2 teaspoon fresh or dried peppermint leaves
- 1 tablespoon honey (optional, use maple syrup for vegan option)
- Water



Instructions:

1. Combine the elderflowers, yarrow, thyme, and peppermint in a pot.
2. Add 4 cups of water and bring to a boil.
3. Reduce heat and simmer for 10-15 minutes.
4. Strain the mixture into a mug.
5. Add honey or maple syrup to taste (optional).
6. Sip the tea slowly throughout the day.

Additional Tips:

- Elderflowers are a natural anti-inflammatory and can help soothe a sore throat.
- Yarrow is a diaphoretic, meaning it can help induce sweating, which can help to break a fever.
- Thyme is a natural expectorant, helping to loosen mucus and clear congestion.
- Peppermint can help to soothe an upset stomach and relieve nausea.

Remember:

- Always be absolutely certain of the identification of any plant you intend to forage before consuming it. If in doubt, leave it out!
- Avoid foraging in areas that may have been sprayed with pesticides or herbicides.
- Start with a small amount to test for any allergies or sensitivities.
- If your symptoms worsen or do not improve, consult a healthcare professional.

**Disclaimer: This recipe is for informational purposes only and should not be considered a substitute for professional medical advice. Always consult with a qualified healthcare provider before using any herbal remedies, especially if you are pregnant, breastfeeding, or have any underlying health conditions**